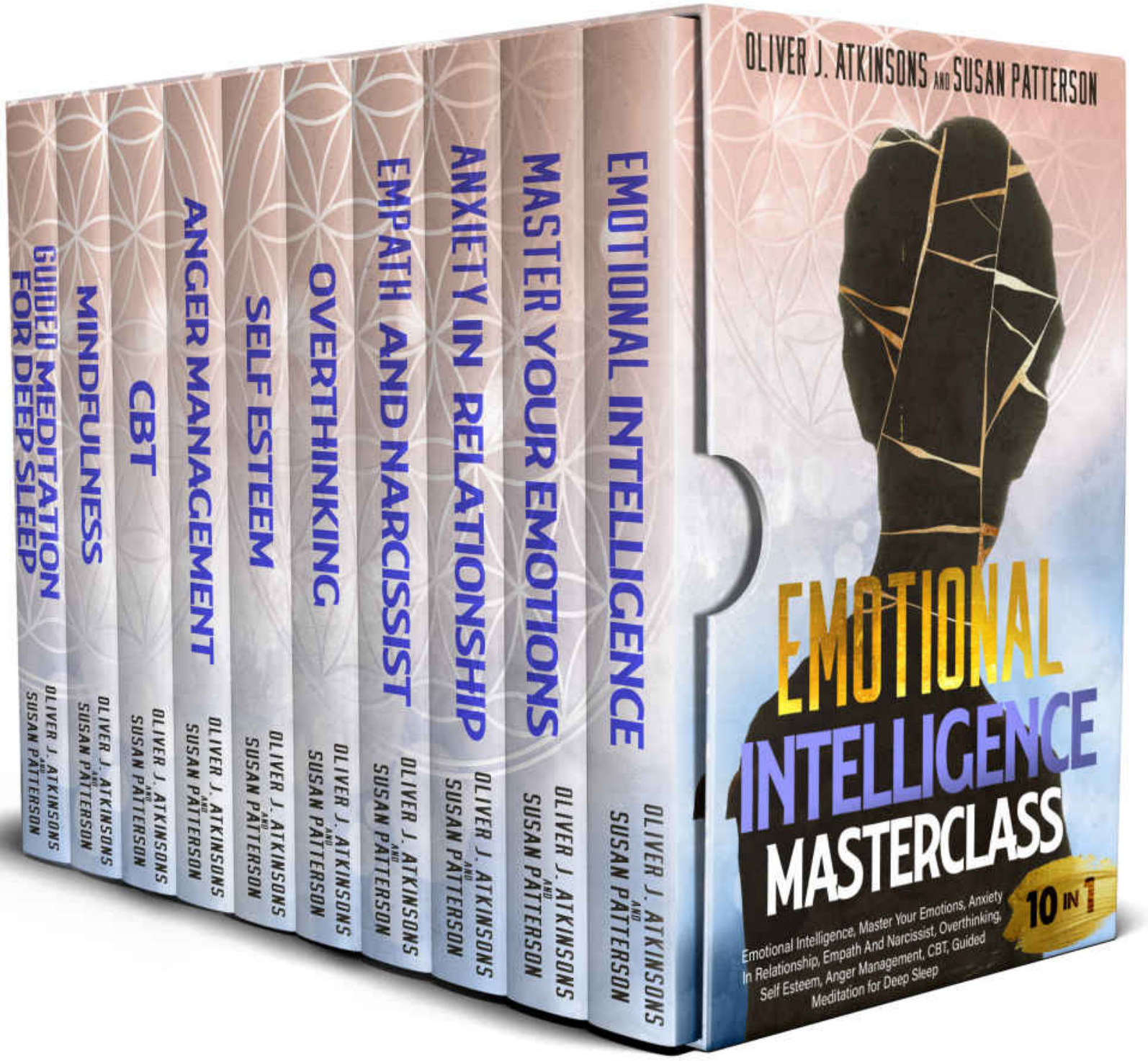
OLIVER J. ATKINSONS AND SUSAN PATTERSON
EMOTIONAL INTELLIGENCE
MASTERCLASS
10 IN 1
Emotional Intelligence, Master Your Emotions, Anxiety In Relationship, Empath And Narcissist, Overthinking, Self Esteem, Anger Management, CBT, Guided Meditation for Deep Sleep
EMOTIONAL INTELLIGENCE
MASTER YOUR EMOTIONS
ANXIETY IN RELATIONSHIP
EMPATH AND NARCISSIST
OVERTHINKING
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ANGER MANAGEMENT
CBT
MINDFULNESS
GUIDED MEDITATION FOR DEEP SLEEP
OLIVER J. ATKINSONS AND SUSAN PATTERSON

Emotional Intelligence Masterclass

10 books in 1,

Overthinking, Anxiety in Relationship, CBT, Empath and Narcissist, Guided Meditation for

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EMOTINAL INTELLIGENCE

Introduction

“Emotional intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions. Research suggests it is responsible for as much as 80 percent of the “success” in our lives.”-Joshua Freedman

Emotional intelligence is something that you’re born with. With emotional intelligence, you have the ability to manage your own emotions and sometimes even the emotions of others. It’s also a way to understand your feelings and control those feelings so they don’t control you. You can always tell when someone has good emotional intelligence because they are able to handle any stressful situation that comes their way, such as losing a family member or getting dumped by their significant other, without being overcome with sadness or anger.

Emotional intelligence is the trait that allows us to be flexible and adaptive to each changing situation. It’s also what allows people to handle stressful situations that might make others crumble. While some situations are out of our control, emotional intelligence can help you understand how to deal with these problems in a healthy manner. A person or persons with high emotional intelligence can usually sense when something is wrong with another person and are usually able to solve the problem without any stress at all.

When it comes to emotional intelligence, there are certain standards that anyone must have in order to survive in today’s world. You can use this concept to gain a better understanding of why you have some of the reactions you do when it comes to people and situations that occur throughout your daily life. The ability to make good decisions and handle stressful situations helps you become more emotionally intelligent because it helps you learn how the world works and how other people function in life.

Emotional intelligence is very important in today’s fast paced society

because it allows you to analyze the situation as it presents itself and then to react accordingly. It helps you make more good decisions when it comes to relationships, friendships, job application processes and even the way that other people interact with you. Emotional intelligence also helps you become more adaptable throughout the day and gives you the ability to overcome stressful situations without letting them stress you out. By understanding your emotions in life, social skills are greatly improved because of your ability to deal with such situations intelligently and gracefully.

Emotional intelligence is also essential when it comes to your job applications and interviews. It's one of the most important things that can make or break you in the professional world. This is because it can determine if you are a social butterfly who loves to mingle and talk to people, or someone who would rather sit back, relax and observe others from a distance.

Emotional intelligence can make your life feel easier. A better understanding of how others feel will help you make those hard decisions that seem to fall on your shoulders. Life can be easy if you know what people are trying to express through their words and actions. It will help your relationships and it will make it easier for you to be yourself in front of other people as well, which can give the people around you the impression that you have a lot of confidence in yourself.

Emotional intelligence helps improve your communication skills with other people. Learning to understand other people helps you to know how to approach them and connect with them. If you are better at communicating with others then they will feel more comfortable around you and they will be more willing to listen to what you have to say.

Emotional intelligence is all about being honest with yourself and understanding who you really are. It is also about being honest with other people, letting them know that the truth hurts, but that it's necessary for improving your life in many ways. Being honest about yourself is important because it shows that other people can trust and respect you as a human being.

Emotional intelligence can be learned in many different ways, by taking courses or by reading books on the subject matter. When you know how to understand how people feel, and when you know how to express yourself, it becomes much easier for you to live your day-to-day life.

Emotional intelligence is needed by everyone today in this fast-paced world. Even the biggest of leaders need emotional intelligence in order to make decisions for their employees or their company. When you have emotional intelligence, it makes it easier for others to get along with you and accept who you are as a human being.

You can learn emotional intelligence by simply becoming a more aware human being and by watching how other people interact with one another. Emotional intelligence is all about believing in yourself and knowing how others think. It is not all about you, but instead it is about the way that you act with others. It's about having the confidence to stand up for what you believe in and becoming an emotionally intelligent person who knows how to interact effectively with other people.

Emotional intelligence can be learned in many different ways, but there are some commonalities that are involved in all of the methods of learning emotional intelligence. One of the things that you need to know is that it is all about appreciating the way that you think and the way that you act.

If you think that emotional intelligence means being emotionally manipulative, then again, this is not true at all. It is about being able to interact with other people as they would with themselves. It is not all about showing them what they want to see, but it's more about teaching them how to see what they want to see and how to connect with others on a deeper level.

Emotional intelligence is all about taking responsibility for your actions and appreciating who you are as a human being. It's not about telling other people how they should feel or act, but it's more about understanding what they really want to do.

Emotional intelligence is all about understanding the way that other people feel and knowing how to express yourself in a way that builds trust with others. It helps you understand your own personal strengths and weaknesses, and it helps you be happier in your life. Once you know how to be emotionally intelligent, then you will see why everyone should have this ability.

Emotional intelligence is one of the best skills that anyone can learn in today's world, especially if they want to become successful leaders. Understanding how people feel and what they need will help you lead them towards achieving their goals.

Empathy is easily one of the most important forms of emotional

intelligence and it also happens to be one of the most difficult ones to learn. When you are empathetic, you learn how to read other people's minds and how to connect with others on a deeper level.

Empathy is needed more than ever before because today's business world is so competitive that there are a lot of obstacles that stand in the way of any person who wants to become successful. Anyone who wants to be seen as an equal or as someone who can be trusted by others will have to rely on their abilities with empathy.

When you are empathetic, then you are able to read other people's minds and understand what they really mean. You know how to get inside of other people's heads in order for them to trust you and follow your lead. This is why being empathetic is so important for success in today's world. Empathy is the ability to put yourself in another person's shoes and understand the way that they think. It is about connecting with others by showing them how much you care about them as a person.

The Importance of Emotional Intelligence

“If your emotional abilities aren’t in hand, if you don’t have self-awareness, if you are not able to manage your distressing emotions, if you can’t have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far.”

Daniel Goleman

Emotional intelligence has been proven to affect success in everyday life, including the ability to lead. This means that managers who have emotional intelligence are better able to make decisions that are in the best interest of their company, and for other employees who rely on those managers for guidance or a positive experience. Emotional intelligence is about introspection and empathy, self-awareness, social awareness, compassion, and being able to recognize how one's own emotions impact others. This highly important skill is necessary for any manager or leader.

The concept of emotional intelligence is mostly known within academic research and has not been recognized as an issue in the workplace, as most employers do not consider it to be a necessary skill for leadership roles. However, those considering leadership positions in the employee experience in-house believe that emotional intelligence is a valuable and important skill to possess. Emotional intelligence is important because it plays a significant role in decision making, learning opportunities from experiences at work, and leadership style. It allows managers to see how their decisions impact others, whether positive or negative. When they make poor decisions, it is much easier for employees to recognize them and know that they can choose a better course of action next time if they feel more comfortable with the situation or need reassurance. Emotional intelligence is a necessary component in any effective job, especially for employees who are depending on their manager to make the right decisions.

According to research, emotional intelligence is developed through action and experience in one's childhood. A study conducted by "Child Development" magazine found that personality traits such as self-consciousness and shyness in childhood predict emotional intelligence abilities later on according to the result of three studies. The first study found that 517 children who were identified as shy at age 5 were found to be demonstrating greater emotional knowledge at age 17 than children who were not identified as being shy at the same age. This was attributed to the fact that people who are shy are generally more empathetic to others and are aware of their feelings, and thus have emotional intelligence. The 5 Components of Emotional Intelligence

Emotional intelligence can be defined as your ability to recognize and identify your own feelings, understand the emotions of others, manage

your emotions in social interactions while also understanding other people's emotions. Without emotional intelligence you are not only more vulnerable to conflict and interpersonal relationship problems but also less able to achieve success in your life.

Value and Benefits of Emotional Intelligence

Emotional intelligence is a valuable asset in any field of work, particularly for those that deal with humans or customers on a daily basis. In today's competitive job market, employers are looking for pros who possess strong interpersonal skills, empathy, self-awareness and control over their emotions. Emotional Intelligence gives you the skill set to be successful and productive on the job as well as give you an edge over other candidates searching for employment opportunities.

Through the years, emotional intelligence has been considered an indicator of success and a potential key to happiness and stability. Emotional Intelligence is not just about being able to control your mind; it is also about understanding others' emotions.

Learning to control your emotions, particularly anger, can be a difficult task. The key is to develop coping mechanisms and have a strategy for dealing with stress when it occurs. Since emotional intelligence is a mental skill set that incorporates the five areas above, it is important to understand how they all work together.

According to Daniel Goleman, a Harvard psychologist and author of Emotional Intelligence, emotional intelligence provides positive effects in every sphere of life. In his book he mentions that without emotional intelligence few people can achieve their success in personal, work and social life as well as many other advantages like: financial security, achievement and peace of mind.

As we all know that emotional intelligence brings positive effects to person's life by increasing the performance level in various areas such as: health management, career advancement, personal relationships and even social interactions.

Three primary benefits

1. Improving health and wellbeing

Emotional intelligence provides a reliable way to control one's emotions and to cope with stress. People who are in a higher level of emotional intelligence can stay away from the risk of health issues arising from stress because they know how to deal with it, how to motivate themselves. Emotional intelligence helps people to manage their emotions effectively which is important for staying healthy. This knowledge also helps them recover quickly after bad moods or stressful situations arise so that they can stay healthy throughout life.

2. Increased success

People with high emotional intelligence have better chances of success in many areas such as career, relationships, and social interactions. Emotional intelligence makes people more confident and helps them achieve their career goals easily. Since the level of emotional intelligence is important for initiating a successful relationship and social interactions, it promotes a good life for both the members involved. When two members of a relationship have high emotional intelligence and positive attitude, they are more likely to succeed in finding solutions to their problems when they occur.

3. Better communication skills

When people learn how to be emotionally intelligent, they are able to read others' feelings accurately so that they can understand them without any misunderstanding. Therefore, they can communicate better and support each other in the proper way without misunderstandings. Emotional intelligence helps people to communicate with others more effectively and avoid arguing as well.

For obtaining the level of emotional intelligence it is important to have positive attitude in life which brings more advantages for success. "People who feel good are perceived as being better than others, no matter what they do." - Daniel Goleman "Investing in emotional intelligence is about investing in yourself, because when your self-confidence, self-esteem, and connection with others are strong, you tend to be healthier physically and psychologically. The alternative to building emotional intelligence is that you leave it to chance—and, as the study of heart disease found, you may not be so lucky." - Tony Schwartz "No matter what your style or approach to work, one thing is for sure: the single biggest challenge facing all of us

in the new economy will be learning how to manage our feelings more effectively. And the single most important factor determining individual success and fulfillment in an era of globalization and complexity will be the ability to build strong relationships. The ability to connect emotionally with ourselves and others will determine not only how far we go in our careers but also how satisfied we are with life. The ability to manage our emotions will be the key to love and happiness." - Daniel Goleman

Self-Management, Self-Regulation, and EQ

The terms self-management, self-regulation, and emotional quotient have slightly different meanings. Self-management refers to the various behaviors that allow people to operate in the world. This includes decision making, time management, problem solving skills and emotional intelligence.

Self-regulation is a part of this umbrella term which is defined as "the ability to control one's emotions in order to cope with change more effectively." Emotional quotient refers to the study of how we react or respond to emotions in general. This means they are not only important for understanding ourselves but also for understanding those around us better. The three terms mean different things but they all include being able to use your emotions correctly so that you can manage your life better.

Self-management is about how we control our bodies in order to improve our performance. Although it is important in almost every aspect of life, there are areas where self-management has a bigger impact. For example, sports require self-management because they require energy, speed, and mental toughness. If we want to be good at sports such as football or basketball then we must understand various aspects of self-management.

It is also important for people who are trying to get better at sports such as boxing or volleyball or even if they want to work on their skills of self-regulation. This is because sports require a high level of self-regulation as well as emotional intelligence. However, there are certain individuals who do not require self-regulation and mental toughness in order to be successful in sports because their "IQ" is high enough.

Self-management, self-regulation, and emotional intelligence go hand in hand because they are all connected to one another. It is important to know how self-regulation and emotional intelligence work as it has a big effect on the way we live our lives.

It is important for people of all ages and people from all walks of life to understand these concepts in order to live a better life. The more you understand these three terms the more confident you will feel in your own emotions as well as those around you.

The three terms are also very beneficial because they allow people to be more productive at what they do (self-management) so that they can achieve their goals quicker. Self-regulation is vital for people who are trying to get better at sports such as boxing or volleyball or even if they want to work on their skills of self-regulation.

Self-regulations are also easily obtained in people who keep meticulous journals or workbooks where they can consciously put down how they feel and what they think about themselves. People that have more self-regulation demonstrate this often by being able to manage or control themselves in stressful situations where they could be more likely to give up or snap.

Self-regulation is highly associated with emotional intelligence. This means that as one improves the other does too. They are both highly important in every aspect of life and they are crucial when it comes to understanding how we work in the world.

Self- management and emotional intelligence go hand in hand because they are all connected to one another. It is important to know how self-regulation and emotional intelligence work as it has a big effect on the way we live our lives. It is important for people of all ages and people from all walks of life to understand these concepts in order to live a better life. The more you understand these three terms the more confident you will feel in your own emotions as well as those around you.

The three terms are also very beneficial because they allow people to be more productive at what they do (self-management) so that they can achieve their goals quicker. Self-regulation is vital for people who are trying to get better at sports such as boxing or volleyball or even if they want to work on their skills of self-regulation. There are many ways to improve self-regulation, such as learning meditation and exercise. Self-

regulation improves as a person ages, so learning new skills at a younger age can benefit him or her throughout the years. Self-regulated children have fewer problems with aggression, stress, hyperactivity, and attention problems compared to their counterparts who do not have self-regulated skills.

Resilience

We tend to forget resilience is a skill and not just something you are born with. When something challenging happens, it's so easy to 'let everything fall apart' and give up when instead, resilience teaches us how to move forward. To be resilient is no walk in the park but it ensures that your stress levels remain low which in turn reduces overall inflammation and pain throughout the body.

So, what can you do today? Start by taking note of what makes you resilient. Identify the areas where you excel at being tough through comparing them with your weaknesses. You'll notice that both are important and you can't be perfect at everything. When things get tough, they will be the first to fall. So, spend time focusing on the strengths.

A couple of things for you to consider:

Walk away from excessive social media and try some mindful meditation time in the evening. I'm a big advocate of using technology for productivity and personal growth but when it comes to emotions, we need some real-world experiences to gain perspective. Take note of when you're feeling stressed out or overwhelmed and take a step back from your phone completely and focus on what's happening right now in front of you.

Get outside and spend time with nature. The hustle and bustle of city living means we spend far too much time indoors and under artificial lights. We get into a routine and tend to let ourselves become predictable. This is when the brain starts to shut off because it feels it's safe to do so. Being out in nature helps us reset by keeping us guessing which prevents us from getting stuck in a rut or zoned out on our phones once again!

When things get tough, attempt to smile. It has been proven that smiling reduces emotional distress by alleviating feelings of pain while stimulating serotonin production that enhances moods. In other words,

your brain releases happy chemicals when you smile and the best part is it’s free.

As you move through today, acknowledge that you can choose how to react and respond to the stresses of day-to-day living. You can choose to be resilient. The only person who holds you back is yourself. It’s important to know that you are a powerful and capable being capable of more than what you may be choosing right now.

It is never too late to improve your resilience. You can practice being mindful and redefine what it means to be ready for the next challenge because when you fail, you will have easily identified the areas where you needed more support and understanding from yourself.

Emotional Intelligence Matter More Than IQ

We are told this term is completely subjective, but what does it really mean? Well, there is no clear definition — we don’t know exactly what EI is or how it measures up against IQ. However, the individual traits of emotional intelligence can be broken down into four different categories: self-awareness, self-regulation, social awareness and relationship management.

Self-Awareness - This is your ability to understand your own emotions. People with high EI are able to look at their emotions from a detached perspective and control how they respond to this information. The higher your self-awareness, the easier it will be for you to fully connect with others and express yourself authentically.

Self-Regulation - Essentially, you need self-control so you don’t overreact or become agitated in stressful situations (like when someone cuts you off on the road). The more self-aware people are, the better they can understand their emotions. Those with high EI control their feelings and sensations to regulate themselves in stressful situations. Those with low EI tend to be inclined to fight against unpleasant emotions instead of accepting them.

Social Awareness - This means knowing how to interact effectively with other people. If you don’t know how to talk about your emotions, you

might find yourself on the receiving end of awkward behavior from other people (e.g., when a friend keeps bringing up a difficult subject in conversation). Those with high EQ are able to read other people's behaviors and respond appropriately in social situations. Those with low EQ might make the situation worse by reacting negatively or interrupting others.

Relationship Management - Since understanding your own emotions and others' is a focal point for those with high EQ, your relationships are managed effectively. This means the ability to handle conflict and solve problems in healthy ways without resorting to anger, resentment or hostility. You also can manage your relationships by being effective at cooperating and communicating. For example, in a work setting you can emerge as a leader who is able to resolve conflict among team members, rather than simply avoiding it.

To improve self-awareness, try journaling every day about how you feel as well as your thoughts and actions throughout the day. This will help you develop an understanding of your own emotions — whether they're positive or negative. You can also use this journal to work on self-regulation — the ability to control your feelings so you don't become overwhelmed by your emotional state.

To improve self-regulation, try practicing yoga: one of the main findings of Yoga is that it helps you control your emotions.

As for social awareness, being exposed to other people's emotions will help you understand how you should behave in social situations. Developing compassionate kindness for others will help you read their behavior correctly and respond accordingly.

To improve relationship management, you can also work on being more mindful of the emotions you're experiencing in your relationships. This will allow you to differentiate between what is happening and your reactions to it.

To improve relationship management, practice mindfulness meditation: It was found that people who practiced yoga were better able to regulate their emotions than those who did not.

"Somebody might say that emotional intelligence doesn't matter as much as IQ does, but I couldn't disagree more. Emotional intelligence matters more because it affects your interactions with other people. So, even if you

are not as intelligent as someone else, if you can show up differently and be more emotionally aware and socially aware, then I think ultimately those things are going to matter a lot more in terms of who you become."

In their most recent study published in the journal Intelligence, scientists found that people with high IQ scores were not actually any more intelligent than those with lower scores. That means a person can be very intelligent without having a super-high IQ score. But what does really matter is how smart someone is emotionally! The findings of this recent study suggest that emotional sensitivity and being calm under pressure are far more important to success than having an IQ number above 130.

According to the study, people who have very high IQs can actually be more emotionally unaware than those who have lower scores. It means that a person with a very high IQ and extremely low emotional self-awareness can be just as unhappy and unsuccessful as someone with a low IQ.

In contrast, people who can read emotions in others are able to be more successful in relationships—and life. "They will be better at reading social interactions, which will lead to better outcomes," said Schneeweis. "The take-home message is that emotional ability is distinct from intellectual ability. It's what separates the wheat from the chaff."

So, to sum up, it really does matter how smart you are or how high your IQ may be. But if you're lacking in emotional intelligence, it won't help you to become successful in life—maybe even cause more problems than it solves.

Job Performance

Numerous studies have been conducted to find if there is a correlation between job performance and emotional intelligence, when studying various aspects of job performance. Studies have shown that there is a relation between emotional intelligence and job performance; however, the relation is small. Therefore, emotional intelligence alone does not determine job performance. The quality of the emotions an employee experiences are important, so while a "bad" employee might have a high level in EI (Emotional Intelligence) they cannot use their emotions to their advantage because they are too negative. In addition, EI may also be used

as a predictor for ability to be an effective leader in the workplace.

Individuals who have high levels of EI have been shown to feel at ease working in a group setting; as such they tend to be more collaborative when setting goals in projects and teamwork. Emotional intelligence is also related to work-related stress, showing that emotional intelligence can have an impact on work stress.

Emotional intelligence does not determine job performance; however, it does help an employee or leader be successful in their jobs by helping them make better decisions for themselves. Job performance is affected by employee's emotions, thus EI can be used to help cultivate positive emotions within employees. This helps positively impact their jobs, which could potentially lead to increased job performance.

Emotionally intelligent people are more likely to be effective leaders in the workplace than those who do not possess emotional intelligence; however, this is because they tend to feel more comfortable leading and are socially adept, which allows them to work well with a team. Emotionally intelligent people have been shown to effectively manage their own emotions and the emotions of others as well when in a leadership position. They also tend to react less negatively than non-EI managers when faced with stressful situations.

EI also plays a role in team effectiveness and the ability to work together. Studies have shown that emotionally intelligent leaders tend to be more supportive of their employees, which leads to increased job satisfaction. This also can lead to the employees being more productive.

Motivation

Today, I want to show you the keys to being both smart AND hard working. This is how you can motivate yourself to do great work – quickly and efficiently.

The first step to boosting your motivation and emotional intelligence is to set goals. This doesn't mean that you need a detailed five-year plan of where you want to be in your career…but it does mean that you need a direction - a general idea of where you would like things to lead.

Think it through based on your wants, needs and preferences. Then lay out

some goals that will take you in the direction of those dreams.

Short-term goals are those that you'll work toward in the immediate future: achieving a goal is exactly what it sounds like – a short-term approach to reaching a set goal. It's important that your short-term goals be realistic and attainable right now – they need to have an impact on your life today. It's important that you set at least three realistic goals that will take you one step closer to your long-term objectives.

Your overall motivation and emotional intelligence levels will get a boost from a growth mindset. That's the idea that your abilities can be developed through hard work, good strategies and perseverance. It's this idea that is key to succeeding in business – even ahead of raw talent.

To increase your motivation and emotional intelligence, you want to look at what you're doing in a way that makes sense to you – but that also forces you out of your comfort zone. This is the real reason you're going after these goals in the first place.

Look at your goals in terms of what you need to do today – for tomorrow, and the next day. To put yourself on a path towards an objective, you need to be able to look at it and see the steps you have to take. You can only get so far if all your motivation comes from the end result – if there's no pathway in sight. If someone is just throwing themselves into work without any idea of how they're going to get there, they'll never thrive.

Setting up short-term goals that are realistic is the key to success. You need to keep yourself grounded towards your long-term goals.

Make a plan for your future. If you're looking for things you want in the future, make a list and commit to it. This will make sure that you don't just talk about these things, but that you do something concrete about them.

Stress

Stress is an inevitable part of modern society, but it can have a detrimental impact on our personal and professional wellbeing. It is now well understood that stress impacts both the mind and the body. Stress can lead to physical health problems like high blood pressure and heart disease, as well as harmful psychological effects like anxiety, depression, and low

self-esteem.

Although stress can be manageable in certain situations, in others it becomes difficult to make healthy lifestyle choices that mitigate the negative effects of stress. This will examine how the three components of emotional intelligence (EI) affect individuals' reactions to stress. EI is the ability to recognize and regulate one's own emotions as well as read other people's emotions (Goleman, 1998). One component of EI is called self-awareness. Self-awareness refers to an individual's self-knowledge about their personal characteristics, behaviors, and experiences. It is an integral component of EI because self-knowledge provides the basis for recognizing one's feelings and thoughts both in isolation and relation to others (Duckworth & Schell, 1999). Self-awareness helps individuals understand what they are feeling and why, which may help them make more informed choices during stressful situations.

Another important aspect of EI is self-management. Self-management refers to an individual's ability to control their own emotions as well as manage their behaviors. This ability is necessary so that an individual can act appropriately and effectively during stressful situations (Goleman, 1998). It is crucial to one's emotional health that they are able to properly control their feelings and behaviors in difficult situations, as becoming overwhelmed by one's own emotions can lead to harmful decisions or actions. The ability to control one's emotions may help individuals make healthy choices during times of stress.

The third component of EI is social awareness. Social awareness refers to a person's ability to recognize the emotions of other people and also understand how they might be feeling. It is used primarily in social situations, but it also helps an individual understand how their own behaviors might affect those around them (Duckworth & Schell, 1999). The ability to understand others' feelings and motives can help individuals interact more effectively in stressful situations that involve others, which in turn may reduce their stress levels.

Stress affects every individual differently, and the same stressful situation will elicit different reactions from different people (Fernandez-Ballesteros et al. 2003; Kelly et al., 2001). Some people are more prone to feeling more stressed the more they are exposed to a potentially stressful situation. These individuals are said to be "sensitive" while others are not

as reactive to stressors and are said to be “insensitive” (Kelly et al., 2001). Some of these factors include: the way in which an individual perceives a situation; the amount of time that passes between an event and its emotional aftermath; the individual’s prior experiences with stressful situations; and biological predispositions to feel more stressed (Kelly et al., 2001).

There are many different types of stress. Physical stress is usually the result of traumatic or difficult events or circumstances, and may manifest in many ways, such as illness. Mental stress is caused by emotional reactions to something that has happened, and may be manifested by depression, anxiety, insomnia. Some experts believe that a chronic level of mental or emotional stress can lead to Alzheimer’s disease.

It is important to know how much stress one is under. In order to live a healthy, productive life, it is necessary to stay at an adequate level of stress. Stress and emotional intelligence are both parts of life that need to be learned about and adjusted for in order to be healthy.

Decision-Making

Most people would agree that it is much better to make a decision based on facts and logic, rather than swinging from a state of excitement to anxiety due to the pressure of time. Emotion plays a major role in everything from decisions made in the workplace to friendships and romantic relationships. The decision-making process needs to be an intelligent one, as opposed to a destructive one. In order to make good decisions, we must first learn how to manage our emotions.

There are three essential components that must be present for a decision to be made effectively: (1) the pre-decision stage; (2) the situational factors that influence the decision; and (3) the post-decision stage. The pre-decision stage is when all other factors are considered before making a final decision. In the situational factor, information is gathered to give you a clearer picture of what is going on. The post decision stage involves sorting out all the different variables and deciding on which ones to use in making the final decision.

The average person has approximately a 70% chance of being right with most decisions in their life. There are many factors that influence how we

make decisions and because of this, one factor can be overturned by another. However, once a decision has been made, it sets in motion numerous important actions that result in either good or bad consequences. The emotional state of the individual adds another layer of complexity to this decision-making process — emotions are not always predictable or even understandable to others.

The decision-making process involves elements of risk and uncertainty. Risks are eliminated when the individual can make a perfect prediction about all of the possible outcomes. This is impossible, but it does not mean that a person cannot be better at making decisions, and therefore eliminating uncertainty. Some people have more experience in certain areas than someone else, resulting in less risk or more certainty making decisions in some areas of life.

“The ability to make well-informed decisions about risks and rewards has been identified as an important element of emotional intelligence. This is because it is not possible to accurately assess both the risks and the rewards of a particular decision without having some understanding of how those factors relate to other major aspects of one’s life.”

One can make decisions without having a sense of emotion -- that will not necessarily lead to stress-free situations. But being aware of your emotions, and being able to predict what an upcoming decision will do to you emotionally, can help you decide accordingly. Making decisions based on emotion in some sense also helps you manage the stress associated with it too.

Success

Success is not always measured in the amount of money you make, but rather the success of your life. Emotional intelligence is one’s ability to know and express their own emotions, manage emotions in oneself and others, recognize other people’s emotions and respond appropriately. People can be emotionally intelligent to varying degrees with some being more inclined towards particular traits than others. The successful people tend to have a high degree of emotional intelligence as they are able to simultaneously identify their strengths while maintaining self-awareness.

Emotional Intelligence (E.I.) is a measure of your ability to identify and

manage the emotions of yourself, others, and groups. It is often seen as an indicator for success because it helps you understand how to best communicate with others. Here are some tips to achieve success:

- **Assess yourself - try giving this emotional intelligence test! How do you think you rate? What can you do better? Are there certain situations where it's difficult for you?**
- **Practice - it can be difficult to change old habits in the moment, but if we practice proactively before a situation arises, we know what to do when it comes. Try having a plan for social situations, think of ways to resolve conflicts, and think of a list of questions to ask people. For example, in the event that you find yourself at a party where you don't know anyone do not be afraid to introduce yourself!**
- **Be who you are - some people have trouble seeing their own strengths and weaknesses so it's important to step back and appreciate who you are. It's important not to change the way we act because other people may view us differently but also be honest with yourself about your strengths as well.**
- **View others as individuals - no one is perfect but everyone has their own strengths and weaknesses. Be respectful and appreciate other people for who they are.**
- **Maintain healthy relationships - we all have a list of friends that we choose - the ones who bring out the best in us, those who make us feel comfortable, or those who we can talk to about anything. Seek out these people and always remember that friends are there for you through thick and thin!**
- **Practice anger management - when you feel the urge to lash out at someone in a manner that is inappropriate or hurtful, take a step back. Nearly everyone has had a situation where they were angry but by saying something hurtful or inappropriate, they made things worse. Whether it's a family member, friend or stranger, take a deep breath and think about what you're going to say ahead of time.**
- **Stay humble! - There's no need to make a big deal out of yourself. Just be cool and modest!**

- **Remember that everyone is human - we all have issues that we go through. And it's okay to make mistakes or not be perfect. Be kind and understanding towards others!**
- **Practice empathy - try reading more fiction, watching movies, or observing situations around you in which you can understand what the other person is going through.**
- **Recognize differences - many people see nothing but good and bad, but that's not how the world works. There's no need to come down on the 'bad' traits, just remember that every person is different!**

Goals

The word "goal" is derived from the Greek word, "hôlios," meaning "sun." The sun's movement governs the natural order of day and night. It also governs our lives, by dictating our cycles of work and rest. To adopt a goal is to commit to the pursuit of something that will illuminate your life, just like a setting sun illuminates the sky with its golden light.

Therefore, goals are an important part of emotional intelligence. When you set a goal for yourself, it gives you purpose and helps create positive habits as you pursue them in your daily life. Goals help give your life structure and direction. But goals without emotional intelligence can often lead to self-destructive or self-sabotaging behaviors.

If you are only driven by a goal, you may not be able to see the path ahead clearly and if you cannot see the path, it is easy to get lost and begin to doubt yourself. It is hard to find your way when your focus is only on the destination. Having a clear view of your path is essential to reaching your destination as quickly as possible. It also keeps you from taking a wrong turn and ending up in an area that you didn't want to be in at all.

When your goal is created from within you will have a level of emotional intelligence that allows you to understand your goals with clarity and make decisions based on this understanding. You will know why a particular goal is important as well as what steps need to be taken in order to achieve it. It will give you the ability to make decisions while still keeping your mind open about what might happen if the choices aren't

working out.

While your goal may be a good idea at the time of creation, like any goal, it will change over time. As you work toward attaining it, it will grow on you to become more and more important to your sense of well-being. It is important that an outside voice be present in order for this to happen. However, when a goal is created from within you will have the ability to keep yourself focused and stay true to your path even if circumstances change.

Communication

Communication is a complex skill that plays a key role in determining the effectiveness of an individual's ability to work with others, create a cohesive team, and promote organizational success. Emotional intelligence refers to our capacity for managing our emotions and recognizing the emotions of others. It adds crucial value by helping us understand one another, respond effectively, build bonds, negotiate conflict constructively, and resolve problems without aggression or violence.

Companies that are learning to implement and use emotional intelligence in the workplace and it is playing an increasingly crucial role in helping organizations succeed.

The goal of communication is to exchange information successfully between two or more people. Communication involves both verbal and nonverbal messages, both of which have verbal and nonverbal elements. Verbal messages include the use of words as well as the place, tone, speed, pitch etc. Nonverbal messages include facial expressions (smiles), gestures (pointing), body postures (leaning back) and body movements such as walking or sitting down (versus standing).

When communicating, people use language to make themselves understood. When considering the meaning of a message, it is important to consider the following:

Several factors can influence communication:

Emotional intelligence refers to our capacity for managing our emotions and recognizing the emotions of others. Emotional intelligence adds

crucial value by helping us understand one another, respond effectively, build bonds, negotiate conflict constructively, and resolve problems without aggression or violence. Numerous studies have shown that emotions drive better decision making, better relationships, healthier lives, and higher performance. Emotions are often the underlying motivation for a person's actions. What drives emotions is what motivates us to behave. A leader's ability to influence emotional motivation in others makes all the difference in their impact on others, their relationships, and their ability to act in ways that lead to success.

Psychologist Daniel Goleman wrote about the concept of emotional intelligence in 1995 in an article entitled "Emotional Intelligence: Why it can matter more than IQ". According to Goleman research shows that there is "strong experimental evidence of some genetic component that governs IQ. But the research showing that IQ explains much of the variance in personality traits is much weaker". Goleman suggests there may be a genetic component to emotional intelligence, due to the fact that "emotional competence" seems to be related to temperament, a characteristic present at birth. The field of psychometrics has produced numerous studies in which researchers correlated people's emotional intelligence with their personality. Based on the published results of these studies, Goleman argues that "the evidence indicates that emotional intelligence is not just some epiphenomenon (an overlay or secondary effect) of general intelligence; it is part and parcel of general intelligence".

A person's success in their chosen field is largely influenced by their ability to communicate with others and to get along with others. In most jobs, the ability to communicate well can be a key factor in determining a person's progression toward leadership roles. Some leaders are naturally emotionally intelligent, but for most people, improving an emotional intelligence skill is a matter of habit, practice, and coaching. Employees constantly interact with other employees so great communication skills can make or break your career.

Happiness

Ever wonder whether some people are just happier than you? The answer

is no. There's a reason for this, and it goes beyond the cliché that "happiness comes from within." Yes, happiness does come from within — but there's much more to it than that. Happiness is about how you think about the world, not what the world thinks of you.

In order to be happier, we suggest that you first work on becoming smarter with your emotions: gaining control over them and learning to use them effectively so they can serve your needs rather than impede your accomplishment of important goals. Emotional intelligence (EI) is the about managing your emotions, being aware of them, and then using them to guide you in dealing with life's various situations.

EI is one of the most neglected topics in our field today. It is important that you learn how to manage your emotions so that they don't control you. To do this, you need to use attention. Once an emotion becomes conscious, it can take over — and if that happens, it will be very difficult to change its direction. In order to change an emotion consciously, you need to develop "attentional flexibility."

Emotional intelligence has three main components: interpersonal skills, social perceptiveness, and emotional self-control. To be happy and live a stronger, happier life, you need to master all three components.

Interpersonal skills involve the way you relate to other people and how they deal with you.

Social perceptiveness is your ability to understand the reactions of others. It is necessary in order for you to succeed in many parts of life. You can't control others if you can't understand their reactions and responses to you. The next time you're in a restaurant, pay close attention to the way the waitress treats one set of customers versus how she treats another set of customers. The same is true of any situation where you can tell attitudes, responses, and emotions from body language. You will be able to see how people are reacting to each other — and if you can understand how they're reacting, then you are aware of social perceptiveness.

In order to have a happy life, there are a number of things that you absolutely must do — things that have nothing to do with your job or what happens in your relationships at home or elsewhere. Your happiness and emotional well-being depend on your ability to have positive feelings and to be in a state of being that is conducive to success.

The Theories of Emotional Intelligence

“It is very important to understand that emotional intelligence is not the opposite of intelligence, it is not the triumph of heart overhead – it is the unique intersection of both.”

David Caruso

What is emotional intelligence? Why is it important? What do the experts say about it?

The theory that IQ or intelligence quotient predicts success in life have been disproven many times. Albert Einstein was considered to have an IQ of 160 but he remains well-known as a scientist, musician and one of the most famous scientists ever.

Nearly all experts who research emotional intelligence agree on two points: 1) Emotional intelligence is a key factor for success in life; 2) The current generation has low levels when compared to earlier generations.

Emotional intelligence is the ability to identify, define, control and express your emotions in a constructive way. It is the ability to recognize your emotions, use them constructively and manage them appropriately. Emotional intelligence is the key factor in success in life.

Those who have greater emotional intelligence are more caring and better able to cope with stress. They are less susceptible to alcohol and drug abuse, depression and other psychological disorders. Women should also consider emotional intelligence when choosing a career - it may be a deciding factor if their children are good at sports, or the lack of a child’s interest in mathematics or physics.

What does it take to be an emotionally intelligent person? What are the emotional intelligence theories?

It is a common belief that being able to control emotions proves high levels of intelligence - if someone can keep their calm and keep a clear head about a situation then they must be ‘smarter’ than those who let themselves get carried away by their feelings. This theory is incorrect as there are many highly intelligent people who have low EQ (Emotional Quotient).

The main theories of emotional intelligence. They all agree that EQ (Emotional Quotient) is important for success in life. It shows that personality, behavior and coping skills are important for success. Rather than ‘intelligence’, EQ is the ability to recognize, understand and manage emotions.

Daniel Goleman - Emotional Intelligence Theory

The theory of emotional intelligence, or EQ, is the ability to identify your emotions, control and express them in the proper way. The theory states that an individual with high EQ is able to recognize and respond appropriately when they are experiencing extreme emotions. This in return leads to improved job performance and career success.

Roy H. Cowan - Emotional Quotient Theory

The EQ (Emotional Quotient) theory suggests that emotional intelligence has a direct correlation with IQ. It is argued that the better you can identify your emotions and express yourself the higher your IQ will be. People with high EQ are more likely to be charismatic and have a positive impact on all social environments. They also tend to have leadership skills which can help them lead groups of people.

Daniel Goleman - Relate Theory

The relate theory states that by understanding your emotions, having some control over them, and expressing them in the proper way you will improve your relationships with those around you and increase self-esteem. This will improve your emotional intelligence and lead to better relationships with those around you.

The Theory of Emotional Intelligence is that people with high EQ’s are more likely to do well in school, have good relationships with their peers, have leadership roles in clubs and organizations and can be great role models for other people. People who have a similar IQ level but are not as emotionally intelligent may struggle in their studies and may lead a life which is less than enjoyable. It is also argued that teachers could benefit from having more emotional intelligence education.

Neuroticism is the tendency to experience negative emotions, such as anxiety and stress. It is linked to low EQ (Emotional Quotient) and high IQ (Intelligence Quotient). It is a common belief that those who are more emotionally intelligent are better at coping with stress. Individuals who

have high IQ also tend to have low neurotic tendencies. This leads to people who are neurotic leading better lives than those with lower IQs but higher EQ's.

The Emotional Intelligence Concept

Intelligence is considered to be how a person thinks, solves problems, perceives information and responds. What one may not know is that there are two types of intelligence. The traditional understanding of intelligence has been called "cognitive" and sometimes "analytical" intelligence. This can be defined as the ability to think abstractly, reason logically and comprehend complex ideas. The other type of intelligence is called "emotional" or "social" intelligence. This type has been defined as the ability to empathize with others and manage personal relationships effectively. Emotional intelligence has been linked to interpersonal success, and people with high emotional intelligence have better social relationships.

In today's society, the traditional understanding of intelligence focuses on analytical and logical skills. This type of intelligence is considered more important than emotional intelligence because it is seen as a necessity for success in academics, business, and the professional world. Social skills are seen as a secondary skill that one can focus on when more pressing issues have been resolved. Emotional intelligence can sometimes be perceived to be less important or needed compared to traditional cognitive skills like making logical decisions and solving complex problems.

The emotional intelligence construct states that: "Intelligence comprises both analytical and social cognition; both 'head' and 'heart'".

The term "emotional intelligence" was first coined in the 1970s to describe an aspect of human personality that can be measured by self-report questionnaires. The concept was developed by Peter Salovey, John Dovidio, David P. Schmitt and Ronald E. Riggio who argued that non-cognitive skills were also important in academic and professional success. In the 1990s, researchers began to validate the idea of emotional intelligence through cognitive ability tests and self-report questionnaires. In the early 2000s, researchers like Mayer, Roberts, & Barsade; Petrides & Furnham; Wentzel & Houkes; and Köllner defined the connections

between emotion and cognition more fully.

Goleman’s Performance Model

“The most important skill in the world is to be able to learn.” -Daniel Goleman

We live in an era of vast information consumption and rapid technological change, where globalization has forced us to continuously learn new languages, skills and technologies. All while keeping up with academic work, our personal relationships, managing deadlines at work – it’s enough to make anyone feel like they’re drowning under a mountain of useless knowledge.

“We have so many models of what leadership is that it’s really hard to tell leaders apart,” says Goleman. “I think some are almost caricatures of leadership – visionaries who go off in dreamland leading people in the wrong direction, stars who take all the limelight, or micromanagers who can’t trust anyone else to do anything. But none of these perfectly describes what I’m describing as primal leadership.

Goleman proposes that there are five universal emotional competencies that make up this “performance model”: focus, impact, influence, motivation and resilience.

The focus competencies are the ability to concentrate on tasks that matter, to stay with them until they’re done thoroughly and to do them well. The impact competencies are the ability to alter people’s moods, awareness or behavior for the better in a sustainable way. The influence competencies allow you to create an emotional connection with others so that they want what you want and will be motivated to bring it about. The motivation competencies are your capacity for self-directed motivation: your internal determination and passion for your goals and values. Finally, resilience competencies are the ability to respond well to challenge and setback.

The performance model is a much more holistic and comprehensive way of conceptualizing human potential than prior models have offered. While many have identified qualities like emotional intelligence, leadership skills or hard skills as crucial to success – Goleman asserts that it’s our emotional intelligence that fosters all of these “soft” and “hard” skills in

equal measure.

While it is possible for people who are lacking in one or two abilities to succeed as leaders, he contends that it is more likely that people with fewer strengths will fall into some unhealthy habits. For example, if you lack the self-awareness to know how your subordinates feel about your decision making, you may end up mismanaging situations that create unhappy or unmotivated employees.

On the other hand, if you are an effective leader in all five areas of emotional competency, you will be able to turn these “soft skills” into much more tangible, productive outcomes. Not only will your relationships and work environment improve but there is also evidence that companies that prioritize emotional competencies do better financially than those who don’t.

The idea of the five emotional competencies was introduced in Goleman’s 1995 book, “Emotional Intelligence”. In this book, Goleman explains how these skills can be as important to our success as the academic subjects we learn in school. In defining these competencies, he has broken new ground. “We have a theory of everything now – but we don’t have a theory of something... The competencies I describe represent a theory of something,” he says.

Goleman’s work has since been expanded upon by many researchers and writers in the area of emotional intelligence (EI). His concept of EI has been extended to include a wider range of emotional competencies and different aspects of emotional intelligence.

Bar-On’s Competencies Model

Bar-On’s Competencies Model was developed by Dr. Geraldine Bar-On, an Australian professor of mathematics education. In a scholarly article written by the author in 1995 entitled “A Relational Theory of Competency,” she elaborated on her theory that all knowledge cannot be separated into a hierarchy or order in any one area because all knowledge is related to other areas and therefore needs to be learned holistically. The model assumes that each individual has certain skills and abilities, which can then be attributed to different levels of competence when those skills are applied to various domains of knowledge.

In 1999, Dr. Bar-On expanded and updated her model. The new version of her model combines her original theory with research carried out by Peter Giroux and Arthur H. Van Luven into the concept of domain-specificity in teaching mathematics. Van Luven also developed a related model called the Giroux Maturity Model (GMM), which is now used in Ontario schools and elsewhere in Canada.

The knowledge needed to successfully complete different tasks, such as the multiplication of two integers or that an equation must have a solution, varies from task to task; therefore, competency models may be needed for each particular type of mathematics learning task and subject area (e.g., algebra).

The Bar-On Competencies Model was developed to evaluate students' abilities in the domains of number, algebra, geometry and measurement, the essential areas of knowledge and skills necessary for success in mathematics at school. It is also claimed that these domains are the crucial building blocks required to achieve competency in higher level applications like statistics and calculus. Dr. Bar-On's theory is that all knowledge cannot be separated into specific levels or hierarchies because all knowledge is related to other areas (see also domain specificity). Since all information may be related to the learning objective, it therefore needs to be taught holistically.

Mayer, Salovey and Caruso's Ability Model

"Mayer, Salovey and Caruso's Ability Model" is a hybrid of emotional intelligence and capability theories developed to illustrate the multifaceted processes that go into arriving at judgments of human ability. This model has been applied to measuring abilities in individuals as well as groups with some success.

Capability theories centered around mastering skills, while emotional intelligence theories focused on social interactions. Mayer et al.'s model combines these two schools of thought into a hybrid which focuses on the multifaceted process leading to final judgments about an individual or group's ability. There are six dimensions that comprise this "mosaic."

They are a) Knowledge, b) Skills, c) Personality, d) Emotions, e) Motivation and f) Situation. All combine in various ways to form an individual's ability.

Knowledge, as the first dimension of Mayer et al.'s model of human ability, encompasses practical and theoretical knowledge that an individual possesses. Some examples of these would be owning an encyclopedia or knowing how many states there are in the United States. Knowledge can be acquired in two ways: learning or being taught (imparting of information by one person to another), or being learned (deduction from experience). Mayer et al.'s work on knowledge can be divided into at least three different areas: a) theoretical (or 'general' knowledge); b) practical (or 'specific' knowledge); and c) practical-theoretical (a combination of the two). Mayer et al. used a variety of methods to assess and quantify practical-theoretical knowledge, including: dependent measures, such as the mapping test; non-dependent measures such as word completion tests or logical inference tests; and objective objective assessments such as school aptitude tests. It seems that there are two different types of knowledge – general and specific. This idea comes from the idea that some knowledges are more useful than others. Not all ideas can be used in every situation – only the most relevant knowledges are used. The non-general knowledges are more specific and less robust.

Skills is the ability to generate an outcome with a given set of resources and is another primary component of Mayer et al.'s model of human ability. Knowledge alone does not make one skilled, as skills can be defined as being able to use what one knows to accomplish a goal or solve a problem. Some examples would be knowing how to swim or knowing how to read. Mayer et al.'s detailed analysis of skills in their model is highly influenced by Bartlett's notion of 'knowledge versus performance' (see Bartlett, 1932). The concept of knowledge versus performance is important in Mayer et al.'s model because it implies that knowledge alone is not enough for one to be truly skilled. According to Mayer et al., the individual must learn to apply or utilize their skills in order to truly become a master.

Personality is an aspect of Mayer et al.'s model that incorporates both personality characteristics and the way they interact with each other. Personality characteristics, also known as personality traits, are the

tendencies within people that determine how they will respond and behave in different situations. Personality characteristics can be divided into three types of characteristics: stable dispositions, trait dimensions and trait clusters. Stable dispositions, for example, are attitudes and beliefs that people have in general but which do not change over time. Trait dimensions refer to the tendency to be more extroverted or less extroverted – for example, this can either be a more outgoing or less outgoing person. Lastly, trait clusters refer to a group of traits and can be a combination of stable dispositions, trait dimensions or personality characteristics that form very consistent behavioral patterns within an individual.

Emotions are another important component of Mayer et al.'s model of human ability, focusing on the ability to perceive and express emotions appropriately. Emotions are used as cues for determining how one should behave in a given situation – for example, fear is often used as a cue signifying danger. According to Mayer et al. (2001), there is a difference between emotional intelligence and emotional ability. Emotional intelligence can be defined as the ability to accurately perceive, understand and regulate one's own emotions and the emotions of others. On the other hand, emotional abilities are used to express one's emotions in an effective way, while also understanding that others may have different emotional reactions. Some examples of strong emotions include anger, excitement and joy. Mayer et al. note that if a person is able to communicate his or her emotion effectively then they are more likely to be well liked by those around them.

Motivation is another important aspect of Mayer et al.'s model. Motivations are the 'push' factors that cause an individual to act or perform a behavior. However, as stated by Mayer et al., there is more to motivation than just being 'pushed' to perform a task – it also involves being 'pulled.' The pull factor is more internal and personal (e.g., one's interests, needs and desires) while the push factor is more external and situational (e.g., rewards or punishments). This theory of motivation was inspired by both James's and Freud's theories. Motivation can also be broken into three categories: appetites, cognitive motives, and emotions.

Situation refers to the context in which an individual finds himself or herself performing a task. There are two main factors that make up a

situation: the environmental factors and the task factors. Environmental factors, such as lighting and weather, can affect how one performs a task (e.g., it is more difficult to play baseball during a rainstorm). Task factors include things such as the design of a test or how one is asked to perform a test of ability – for example if one is asked to draw shapes using an ink pen instead of draw shapes using chalk on a blackboard will have different results because it is harder to see with ink than with chalk in certain situations.

Does EI involve Specific Competencies?

If you want to be an Emotionally Intelligent person, you need to be able to recognize and understand your own emotions. You also need the ability to identify the emotions of other people in order to empathize with them. And finally, being Emotionally Intelligent means that you are able to adapt your thinking or behavior as a result of those emotional insights — which is what we're going to focus on today.

I want to be perfectly clear, here: Emotional Intelligence (EI) is not just about recognizing your own emotions. It's also about recognizing the emotions of others, acting in a way that allows you to adapt your behavior based on those insights, and making progress in other areas of your life because you're able to adapt based on your emotional insights.

That said, does EI involve specific competencies? You know, like math or reading or writing? I've had a number of people ask me this question, so I thought I'd take a moment to answer it.

The short answer is: No.

Personality Traits

There are many different personality traits, and they differ from person to person. Some of the most common are extrovert, introvert, agreeable, disagreeable, conscientiousness, neuroticism and openness. Here is a detailed list of the different personality traits and explanations.

Extrovert vs Introvert

"The extroverted personality is one in which an individual can easily and

effectively interact with others. Extroverts tend to be social, talkative, assertive, and friendly."

"An extrovert is a person who, because of their dominant nature and sociability, is naturally outgoing in both the positive sense of being friendly and outgoing or as negative in that they are socially superficial. Many people associate this with talkativeness and superficiality."

"People with introverted personalities are more reserved, quiet, thoughtful, contemplative by nature. They usually enjoy working alone or in pairs on difficult or technical problems or tasks. They don't like interruptions and they can get easily bored. They are often introverts, but they may make extra effort to be more extroverted."

Agreeable vs Disagreeable

"Agreeable people tend to be warm and friendly with other people while disagreeable people tend to be cold and unresponsive. These traits are not always true, as there are exceptions. People's degree of agreeableness is measured on a five-point scale from high (warm and friendly) to low (cold and unresponsive)."

"A person can appear disagreeable because he or she shows negative emotions, such as anger, jealousy or pride."

Conscientiousness vs Neuroticism

"People with high conscientiousness have a strong sense of duty and are intent on doing their work well. Low conscientiousness is associated with impulsivity, anxiety and a tendency to take risks."

"People with high levels of neuroticism are more emotionally unstable and tend to experience a wide range of emotions. They also tend to focus on the negative aspects of events." –

Openness vs Closedness

"This refers to the extent to which individuals are open or closed minded."
"Closed-minded people are interested in maintaining the status quo, especially when it comes to social institutions such as religion, politics and culture. On the other hand, open-minded people welcome change and new ideas. "

"Openness is also associated with creativity, curiosity and imagination."

Personality

The way people act, their personality is a reflection of their values. Their career, or job, may be an extension of those values. For example - people with a lot of empathy may work in social work or counselling. They can often feel more comfortable with people than most other careers because it's what they're naturally drawn to - feeling empathy for others makes them feel good about themselves and gives them ample reason to have compassion for others.

According to the Merriam-Webster dictionary, personality is "the distinctive set of psychological qualities belonging to or characteristic of an individual." Personality can be described as how a person thinks, feels, behaves, and relates to others. A career can be defined as "a person's occupation or profession," People spend lots of time working on getting money. As a result of our culture's recent focus on materialism and wealth, many people are obsessed with the idea of purchasing things. People naturally drawn to this type of behavior might be drawn to careers that allow them to pursue this - they might become accountants, salesmen or business owners.

People who like spending money on themselves may become interior decorators or fashion designers because their natural desire for material gratification can be satisfied through the jobs themselves. On the other hand, those who spend their money on others often choose careers such as teaching or social work because those professions allow them to meet better their natural needs (in this example, to give).

People who want to create an environment that is neat, organized and aesthetically pleasing do well in careers such as interior design and cleaning services. People who want to make other people feel good about themselves may choose professions such as social work because they can spend their time helping people - not just those who can pay them back.

Personality is driven by values which, in turn, are influenced by our culture and upbringing. However, your personality will likely be a reflection of your values.

Therefore, understanding the difference between personality and career is an essential step in making an informed decision about choosing a job or

occupation that will fulfil both the needs of your mind and heart.

One person's personality can influence the other person's career. For example, in a job interview, the employer looks at the applicants' personalities when speculating who he/she will hire. The employer will ask what the applicant's personality and career are like. This is because the employer wants to see if they are a fit for his/her company. The employer will then make his/her decision of whom to hire based on that person's personality and career history. In this case, if an applicant has a great personality but worked in a horrible job, he or she may not get hired for that position because it doesn't fit with what they need from him or her. However, if an applicant has a great personality but has no experience, he or she will not get hired because his or her character won't fit with the job. The point is that what a person's personality is like and how that person's career went will determine what jobs they apply for and whether or not they get hired for one of those jobs.

A personality test provides a glimpse into an individual's personality and how it interacts with their career. A professional career counsellor is trained in administering these tests as well as interpreting the results.

Different Types of Emotional Intelligence

While there are a multitude of definitions for emotional intelligence, the bottom line is that people are often unaware of the mechanisms that underlie their emotions and they lack the ability to manage their feelings. This will introduce two types of emotional intelligence: trait and ability.

Trait emotional intelligence is your natural capacity for understanding emotions and using them in social interaction, whereas ability emotional intelligence is how well you can regulate your own emotions at any given time. Both forms play an important role in overall life success and should be fostered through exploration in order to reach optimal levels.

A major difference between the two forms of emotional intelligence is how they are measured. Trait emotional intelligence is calculated as your score on the Emotional Quotient Inventory (EQ). This test takes about 20 minutes and consists of a variety of questions that assess ten areas of

interest. The score on this test ranges from 20 to 140, with higher scores indicating greater emotional intelligence. The EQ has been used for decades in research and has been found to be moderately successful in predicting success at work.

Ability emotional intelligence, on the other hand, is not measured through one specific test or questionnaire but rather by various measures that hint at how well you can regulate your emotions.

The ability emotional intelligence factors have been demonstrated in research studies to be the best predictors of job performance across a wide range of occupations including surgeons, pilots, federal agents, CEOs, teachers, nurses, lawyers, firefighters and journalists. Although the traditional definition of each factor has changed over time as our understanding of EI has grown (e.g. initial factor was self-awareness, but is now defined as skill utilization), the important point to take away from this is that each one is closely linked with your ability to regulate emotions.

In order to have an optimal emotional life it is important that you are able to access these emotional intelligence factors. In fact, one study found that among participants with high EI scores, those without emotional distress reported significant improvement in their emotional lives. On the other hand, those with low EI scores reported little or no improvement – indicating how different levels of EI can affect your life in various ways.

To help you improve emotional intelligence, it’s important to understand and recognize your own emotions. This awareness will then allow you to use various skills to regulate your feelings so that they can be put toward productive use. For example, if you become stressed out about a certain situation, you can take a break from that situation (self-regulation), or evaluate how much importance the situation has in your life compared to other things (reality testing).

So while we may not be able to change our natural levels of emotional intelligence, what we can do is recognize our feelings and react accordingly in order to channel those feelings in ways that are useful.

Gender Differences in Emotional

Intelligence

Do you think that emotional intelligence is a gender-neutral trait? You might want to think again. The traits that make up emotional intelligence are different in women and in men.

Learn about the gender differences in emotional intelligence, such as how they express emotions, their specific strengths, and the ways they cope with adversity. You'll also find tips you can use if you're trying to build up an emotion skilled team or relationship!

Understanding emotional intelligence starts with understanding its elements: self-awareness, empathy, social skills, problem solving under pressure and using emotions wisely.

Different ways of expressing emotions: Women and men use their emotions in different ways, communicating differently through their emotions.

Men are often more straightforward, letting people know about what they're feeling. This can be an asset for them because it helps them convey when they need help or want to make a change in a relationship. But the downside is that men sometimes let negative emotions stew. They may turn something into a big deal when it really isn't one, and then have trouble moving on. Women tend to talk and figure out problems while they still feel the emotion; they start problem solving right away rather than letting the emotion build up inside. They also tend to be good at calming others down and helping them find a solution.

For women, emotions can be an asset in leadership, relationship building, and communicating with others. But women may also be too empathetic and put others before themselves when they should put their own needs first to get what they need.

Different strengths: While both men and women have good emotion management skills, they can differ in their strengths. Women tend to have more empathy than men; they're more able to read the unspoken cues that people give out through body language or voice tone. They're more likely to use their feelings, intuition and creativity to solve problems or respond calmly and effectively.

Men tend to be more logical and analytical than women; they're good at

taking in the big picture of situations and coming up with solutions. They're also great at holding onto the big picture too; women can sometimes let things get out of hand before they come back into proportion.

Socioeconomic factors: Emotional intelligence tends to be higher in women when it comes to social skills, empathy, and dealing with stressful situations. Women are better able to communicate emotions such as happiness, sadness, anger and frustration with others. In addition, women tend to be better at recognizing their own feelings through recognizing others' emotions.

They also are better able to regulate their emotions, which helps them manage stress. This is true even in difficult situations - women tend to be better at staying positive and calm when facing adversity.

Conflict management: Women tend to use problem-solving or collaboration when solving problems, while men tend to use more direct methods such as competition. Men are more likely to fixate on their goal; they may resort to emotionally intelligent tactics because they're open to them (if the situation presents itself). Women may be quicker than men in coming up with solutions through collaboration, but they can take the process too far.

Emotional intelligence is a set of emotional and social skills that you can use to recognize, understand and manage your own emotions and the emotions of others. So even though some men are more in touch with their feelings than women, research suggests that most men still have either better or equivalent emotional intelligence skills. Look at how you can use your emotional intelligence to improve your relationships and your leadership style.

If you're a woman who struggles with expressing emotions or dealing with conflict, be aware of how it affects others. When we don't express our feelings directly, it often leads to misunderstanding or hurt feelings. On the other hand, if you're a man, don't let people take advantage of your emotional intelligence.

Emotional Intelligence and the Brain

Emotional intelligence is an emotional aptitude that goes beyond personality traits. Emotional intelligence is often what drives people to succeed, and can be the difference between a bland life and a richly fulfilled one. It's the wellspring of our capacity for empathy, self-awareness, self-control, resilience, optimism, and happiness. And according to recent research published in the journal Cerebral Cortex by Dr. Richard Davidson (Professor of psychology at University of Wisconsin), emotional intelligence has its origins in certain emotions or regions of our brain. Dr. Davidson performed MRI scans on a group of Tibetan Buddhist practitioners who had extensively trained in the art of compassion (or more precisely, loving kindness meditation). They discovered that these monks had heightened activity in the left prefrontal cortex. The left prefrontal cortex is associated with happiness and feelings of contentment, as well as positive attitude and outlook towards the world. Dr. Davidson believes this region to be responsible for a specific emotion: happiness or joy.

This finding was certainly interesting, but also unsurprising to some extent since it corroborates earlier studies that point towards a link between certain types of meditation and activity in the left prefrontal cortex.

However, Dr. Davidson continued the study by putting this group of people into a different type of meditation: compassion meditation. This type of meditation involves generating feelings of warmth, connectedness and empathetic concern for others. Similar to what some people call 'affectionate love' or 'unconditional love' (which are two different types of love). As expected, when engaged in compassion meditation, Tibetan monks showed heightened activity in parts of the brain associated with altruistic behavior and feeling empathy towards others (the right ventral striatum and right posterior superior temporal sulcus). This kind of empathy is also associated with compassion or 'loving feelings' towards others.

A study done by a research team at the University of California, Berkeley found that people who were given compassion meditation training were better able to feel empathy for others and to detect when a person was feeling pain. In addition, they produced more beta waves—the kind associated with happiness and feelings of contentment.

Dr Davidson has also published numerous studies showing how

compassion meditation can be beneficial to those suffering from anxiety, depression, stress, or as an intervention for pain relief.

The research indicates that compassion meditation can have some positive effects on the brain. However, there is still much to be learned in terms of why practitioners of this type of meditation may experience benefits such as increased happiness and optimism. And why does this type of meditation affect different areas in the brain depending on whether one is generating feelings of warmth, connectedness and empathetic concern for others?

Overall, the research suggests that compassion meditation may enhance a person's overall ability to feel empathy towards others and motivate them to act on behalf of others. This makes good intuitive sense. After all, if you can cultivate feelings of warmth and connectedness within yourself, then it's only natural that you would also be more inclined to act on behalf of others. For example, if you are able to easily feel warm and tender feelings towards your loved ones, then naturally this feeling will expand outwards to a feeling of relatedness and compassion towards people that you don't know as well.

It is for these reasons that compassion meditation is being increasingly studied not only for its positive impact on the brain but also for its potential in alleviating suffering.

How Mindfulness Can Grow Emotional Intelligence

“Until you make the unconscious conscious, it will direct your life, and you will call it fate.”

Carl Jung

Mindfulness has been shown to increase emotional intelligence by increasing awareness of emotions in oneself while also decreasing negative behaviors such as anger or anxiety. Researchers have found that many children who are taught mindfulness meditation develop greater self-awareness and empathy, which then can lead to better relationships. In addition to this, mindfulness can also help those with anxiety/depression. Can a regular exercise program help one's emotional intelligence? Research shows that exercising regularly can improve one's psychological well-being, but there are no studies exploring how exercise affects emotional intelligence. There are two main types of physical activity that affect our emotional intelligence: aerobic training and strength & conditioning training. Aerobic training includes activities such as jogging, walking, running, swimming, and dancing. Strength & conditioning training includes workouts such as weightlifting and stretching. The question is: do both types of exercise affect emotional intelligence? One study suggests that the answer is yes. Researchers have found that aerobic training can be an effective method to improve emotional intelligence through building self-awareness and affect control. The results of this study suggest that "aerobic exercise was more effective at improving self-awareness and emotion regulation than a traditional strength/conditioning program" (Traustadottir 2014).

There are many ways to improve emotions. Mindfulness can be used to improve emotions by changing the way one thinks about their own emotions. Improving emotional intelligence through mindfulness is not easy as it requires self-discipline and a commitment to mindfulness meditation. However, the benefits of improving one's emotional intelligence are great. For example, when one is more aware of their own feelings they can begin to understand how other people feel as well—and this leads to greater empathy for others. In addition, mindfulness helps decrease negative behaviors. With greater awareness of what you're feeling you're better able to control your emotions and stop yourself from engaging in the behavior that you know isn't the best for you.

In the present context, mindfulness has been found to be effective in improving emotional intelligence by increasing self-awareness and regulating emotions. Research suggests that practicing mindfulness can

increase emotional intelligence through three main ways: increasing awareness of emotions in oneself while decreasing negative behaviors such as anger or anxiety, exercising regularly, and building self-awareness through mindfulness meditation. However, there are many other ways to improve one's emotions. For example, talking with someone can help relieve stress and create a greater sense of well-being. Also, exercising is a highly effective method to improve one's mood. Studies show that even short aerobic training can make people feel happier and more energetic.

Mindfulness has been linked to emphasizing the present moment and being aware of one's body, feelings, thoughts, and surrounding environment. It is a type of "meditation-based stress reduction" which helps an individual become aware of their own feelings and the way they think. Research shows that practice of mindfulness leads to greater self-awareness and empathy for others. They are more able to control their emotions and stop themselves from engaging in negative behavior. It is also shown that the effects of mindfulness are similar to the positive effects that exercise can have on mental health. However, the effect of mind-body fitness programs on emotional intelligence is still unknown. Can a regular exercise program help one's emotional intelligence? Research shows that exercising regularly can improve one's psychological well-being, but there are no studies exploring how exercise affects emotional intelligence.

The 3 Elements of Emotional Intelligence

Everyone is born with certain emotional intelligence. Emotional intelligence is the capacity to be aware of, control, and express one's emotions. But did you know that our emotional intelligence can be influenced or changed?

Emotional intelligence is made up of three elements: self-awareness, self-regulation, and empathy. We're going to lay out exactly what these elements are and how they interact with each other.

Self-awareness: Being on your own side

We all do it. Whether it's a work meeting where people try to one-up each

other or a social situation where everyone tries to muscle in on someone else's spotlight, there's a lot of emotional manipulation going on when we're not "measuring up" in the moment. What is it about emotional intelligence we're not willing to admit? That we secretly enjoy feeling flustered and irritated? That we can't handle when someone disagrees with us or makes us feel uncomfortable? In that case, it's easy for some of us to judge ourselves. But over time, we're all going to have to admit that we're in the same boat at the same emotional level.

Self-Regulation: Reining in your own emotions

It is also easy for some of us to judge ourselves when we don't react emotionally or don't do things in the way we want. We think everyone else has an easier time coping with problems than we do. When there are things you can't control, try this - take a deep breath and stop thinking about them for a minute. By simply putting things into perspective, you will be able to calm down and solve the problems more effectively.

Empathy: Getting in touch with others emotions

Knowing how other people feel makes us feel more comfortable. Empathy is being able to put yourself in someone else's shoes. And especially when you are feeling down, empathy could make a world of difference because it can help restore the balance and calm your mood. So when you are feeling angry or melancholy, try to switch your perspective and see if you can get some empathy for the person who is upsetting you. Sometimes, we think we know the best way to handle our emotions without knowing that this might not be the case for others. Having a sense of empathy will help us look at things from a different perspective and will help us figure out how to react differently.

Ultimately, we all want to be able to take care of ourselves and those around us. This is why emotional intelligence is so important. By understanding how emotional intelligence works, you can learn about what drives you and what you need to do to take care of your feelings.

How Mindfulness Breeds Emotional Intelligence

These days, mindfulness is all the rage. More and more research has

shown how practicing mindfulness can improve our mental and emotional health, so much that it's being hailed the next big thing in schools. But what does this really mean? What is mindfulness, and how does it boost our emotional intelligence?

It turns out that there are a number of ways that practicing mindful thinking can actually improve your ability to understand yourself better — and not just you as an individual, but you as a person interacting with others.

Mindfulness and Emotional Intelligence

It's all about being able to perceive how other people are feeling, being able to express yourself in an appropriate way without clamming up or hurting others. And it turns out that practicing mindfulness can lead to a growth in your emotional intelligence!

As we've already mentioned, there's a link between one aspect of mindfulness — being present, not just being mindful — and emotional intelligence.

It also turns out that practicing mindfulness can lead to an increase in your emotion regulation. Emotion regulation is a process by which we choose how to feel, rather than simply reacting on instinct or impulse. We can choose if we want to laugh or cry, and how we express our emotions. This is the difference between a man who breaks down after scoring the winning goal in his favorite sport at the Olympics and a man who simply smiles calmly as he gets misty eyed when he sees his friends and family cheering for him alongside millions of other people around the world.

It turns out that practicing mindfulness can lead to an increase in your emotion regulation.

Emotion regulation could also be involved with impulse control, which is the ability to resist impulsive urges. It's one thing to have the self-discipline to keep your lunch down when you're nauseous — it's another thing entirely to be able to resist the urge to go buy something you don't need or want so you can save up for a rainy day. The more we practice impulse control, and the more we practice regulating our emotions, the easier it becomes for us not just manage them but make choices as well.

So what does this mean for you? Well, try incorporating some mindfulness into your daily life. If you're a busy professional like most of us are these

days, take the time to really focus on the task at hand.

As a bonus, you'll get to improve your emotional intelligence as well!

How Mindfulness Helps You Understand Yourself Better

How exactly is it beneficial to be more present, and how can that lead to someone being able to better understand how they feel? Well, in order for any skill or other ability to improve, you need practice.

You need regular practice in order to keep at the task and become better at it. And mindfulness is no different! We need regular practice of mindfulness in order to develop the skill. The more often you use something of value — whether that's a swing or a musical instrument or any other skill — the better you get at it.

And this is where emotional intelligence comes in. When you're practicing mindfulness, the more you practice, the more of a better at it you'll become. This means that even if you don't practice mindfulness every day, but once a week or every morning as a way to start your day, that becomes enough to help you develop some new skills and abilities.

Because after all, we don't usually think deeply about ourselves. We don't often take time to understand what we're feeling or why we're feeling this way or how we can act to improve not only ourselves but our relationships with others as well. And so when you do start practicing mindfulness, chances are that your emotional intelligence is going to grow.

Applying Mindful Emotional Intelligence

Mindful emotional intelligence is a scientifically-backed approach to building healthy relationships and understanding your emotions. By applying mindful emotional intelligence, you develop a more thorough awareness of your feelings and how they are affecting other people, which improves your social skills. We'll tell you more about the process below!

The three most important steps to applying mindfulness:

- **Recognizing how our emotions affect other people – this includes recognizing our own feelings and those of others.**

- **Understanding how our relationships are affected by the emotions we share – understanding that our relationships change based on our feelings, and that those changes are not always negative.**
- **Approaching those changes as a tool for improving your relationships – approaching those changes as an opportunity to improve your understanding of yourself and others.**

Mindfulness can be difficult at first, especially if you have trouble identifying what makes you feel happy or angry. We recommend starting with the “Happy Diary” so you can identify what emotions make you feel happy or angry, and when in your day they arise. It might be helpful to discuss the diary with someone close to you who can help identify emotions from your perspective without knowing what led up to them. Only by applying mindful emotional intelligence can you gain the benefits of improving your relationships with others and cultivating a happier life!

The Three Ways to Understand Others

“The strength of character and emotional intelligence to face your failures and learn from them are at the core of success.”

Robert Kiyosaki

Understanding others can be difficult at times. There are a variety of reasons why we don’t understand people. Sometimes it’s because we don’t have enough information about them, but other times it may simply be that they’re deliberately being opaque.

Three ways to gain an understanding of others:

The First Way: The Difference Between Empathy and Sympathy

Empathy and sympathy are similar in many ways, but they’re also different in some important respects.

I sometimes use the following analogy to describe the difference between empathy and sympathy: Imagine a scale of 1 to 10. On one side there is empathy, and on the other is sympathy. When you’re on the empathy side of the scale you care about someone’s feelings. In other words, if that person has a high degree of feelings/sensitivity, then it matters a lot to you (as an empathizer) how they feel. If you’re on the sympathy side of the scale, you’d care about someone’s feelings in a much more casual way. For example, if your sister has a cold or is accidently insulted at work, then it’s really not all that important to you how she feels about it.

Ideally, we’d end up somewhere on the empathy side of the scale.

Another way to think about empathy is that it’s an internal response. That means it happens inside your head and inside your heart. When we empathize with someone, our inner emotional response is like an internal thought or feeling coming out of us. It’s almost like our “self” and their “self” are connected. For example, if a person’s inner feelings are like waves in an ocean, then empathizing with them is like watching the ocean and seeing the waves. In other words, it’s not really personal.

As a result of this internal nature, empathy is largely nonverbal. That means that you don’t need to actually say things to your empathizer in order to experience his or her empathy. You can observe the empathizer’s

body language or facial expressions and you'll understand what he or she is feeling.

Sympathy (by contrast) is largely verbal. That means that you actually have to say stuff to your sympathizer in order to feel his or her sympathy.

The only thing you can do in order to empathize with someone is pay attention. And the only thing you can do in order to speak sympathetically with someone is listen (or pretend to listen).

As a result of this difference between empathy and sympathy, empathizers are fairly effective at understanding other people. Sympathizers are more effective at understanding people because they use their words more often, but empathizers are still pretty good too.

The Second Way: Empathizing With Someone Before You Know Much About Them

Before you know much about someone, let's just say that you're not going to have a very good understanding of him or her. But after you've become more familiar with someone, then you are more likely to gain an understanding of him or her. And that's because the process of becoming familiar with someone can cause empathy.

As mentioned earlier, empathizing with someone is like watching the ocean and seeing the waves. When we empathize (or "internalize") other people, we are experiencing what they are feeling in our own body and/or mind. When we empathize with someone, we also share their inner feelings. And sometimes (especially when we have a deep understanding of someone) we may even "feel" the feelings of several people at once.

In other words, experiencing someone else's feelings is like gaining an understanding of them, because you're in a sense sharing their feelings.

With this in mind, it should be easy to understand why empathizing with someone before you know much about them can facilitate an understanding of them. The first way to gain understanding is to learn about that person (through conversation and observation), but the second way is simply to "internalize" that person.

Empathizing with someone before you know much about them may be something you can do with all people. For example, if you have a child who is in a room full of strangers, then you can ask him or her to go around and try to guess what everyone is feeling (in order to empathize

with them). And of course if the child is already familiar with many of those people, then that will make it easier for him or her to empathize with them.

The Third Way: The “What _____ is the opposite of ____?” Exercise

The “What is the opposite of empathy?” exercise can be used to help you better understand any person. Simply approach someone and say, “What is the opposite of empathy?” And then listen carefully to what they say. This can be a fun activity to do with your friends and family (especially children).

When you gain such an understanding of another person, you can also use it to teach other people to understand others.

What is Social Intelligence?

Social intelligence is a suite of skills and dispositions that comprise a person’s ability to successfully navigate the social world. These are your abilities to understand and act effectively on the emotions, attitudes, motivations, and intentions of other people.

To understand this, you have to understand what social intelligence is and why it’s so important.

Social intelligence is the ability to understand other people it’s about mind reading.

Social intelligence develops during childhood; different factors contribute most in some countries and cultures than others. It depends on culture, context, relationships with adults, education, etc.

People with higher levels of social intelligence report better mental health and have a lower risk of disease.

The skills that make someone more empathic are considered social skills or are built into social intelligence.

Why are social skills important? - They allow us to work together as a group and they make life more fun.

It depends on the context, particularly in modern society; in a more traditional society, it’s very important for survival.

In modern society, however, unless you’re a surgeon or require a lot of

people skills for your job, you don’t need to be socially intelligent and usually it’s not that important.

Higher intelligence doesn’t give you better social skills because the two aren’t necessarily related. Intelligence makes one faster at solving problems but doesn’t necessarily make you better at interacting with other people.

The media and popular culture have led to a perception of social intelligence as a synonym of popularity or social status

It’s a common mistake that people who are “popular” are automatically socially intelligent.

It’s also the reason why some people might think they’re not that socially intelligent when in fact they’re not unpopular, they just haven’t learned the skills.

The most important thing social intelligence does is create empathy: you put yourself in the other person’s shoes and understand how he or she feels. This allows you to respond appropriately to any situation.

People with high levels of social intelligence have strong and stable relationships with other people. They’re less anxious and depressed than people who are not as socially intelligent.

Recent research has found that the skills don’t come from being smart but from how we learn - so they’re not uniquely human.

We can make ourselves more socially intelligent because of our brain’s plasticity. It doesn’t necessarily mean we’re smarter but it does mean we can be trained to learn the social skills necessary to succeed in today’s society.

According to a survey, 63.6% of people feel they don’t have great social skills; however, those who report high levels of social intelligence feel better about their social skills, have more close relationships, and are less anxious and depressed.

In everyday life, you might need to know people and be able to read their intentions so you can know how to act and respond to them appropriately.

You don’t need social intelligence in every situation; however, as a society, we highly value it.

If you have social intelligence skills, you’re better at solving problems

when working with other people and less likely to be negatively affected by stress.

Being socially intelligent is not something that can be learned on the Internet or through a book; it’s something that comes from interaction with other people

To become socially intelligent takes time; some of it is innate, some of it is taught and some is developed through practice with others.

The skills that make people more socially intelligent have been termed “social skills”.

The social intelligence skills are mostly about understanding other people and making them comfortable.

Emotional Intelligence vs. Social Intelligence

Are you a social butterfly, always surrounded by friends, family, and coworkers? Or do you prefer to spend time alone and work on yourself? Regardless of what kind of person you are, it’s important that both your strengths and weaknesses are addressed. Emotional intelligence is one concept that can help.

A person’s emotional intelligence is the degree to which that person can identify, assess, control and express their emotions. It is a crucial part of social intelligence. Social Intelligenceis the ability to understand human behavior and relate well to others. To put it simply, social intelligence is your ability to work with people.

Emotional and Social Intelligence both have unique characteristics that define them as separate topics. Emotional Intelligence includes the following attributes:

- **Self-awareness - this is the level of self-awareness that you possess. Self-awareness is based on how well you know yourself - your feelings, emotions, strengths and limitations.**
- **Self-regulation - this is the ability to refrain from negative habits or actions in order to meet your goals. Self-regulation is**

the ability to delay taking a decision or to avoid acting impulsively when you are confronted with a dilemma or temptation.

- **Empathy - this includes being able to recognize, understand and appreciate the feelings of others. It also involves the ability to engage in respectful and effective communication with others.**
- **Motivation - it's your motivation that drives you to do things like work hard at school or finish your research paper on time, even though you're not the best student in your class. It's important for someone who wants success in life to have good motivation.**
- **Emotion management - this refers to the ability to prevent or reduce strong emotions and display appropriate emotional responses in different situations. An excellent example would be how you manage to control your temper when someone pushes your buttons.**

Social intelligence is based on important factors like:

- **Empathy - Empathy is the ability to recognize, understand and appreciate another person's feelings, needs and concerns. Empathy is a vital part of social intelligence. Because it's hard for people to relate with others or accept their differences if they don't understand what that person is feeling.**
- **Accountability - this is the ability to take responsibility for your actions, within reason of course. For example, it's important to be accountable for wrongdoings, even if they were unintentional.**
- **Social awareness - this is the gap between what you think about yourself and what you are actually like.**
- **Social Skills - these are the skills that allow you to interact with other people in a way that is positive and relaxed. It's your social skills that allows you to talk to people and joke around with them without offending them or causing conflict.**

To improve your social intelligence, you have to:

- **Be yourself. Accept your weaknesses and strengths. When you accept yourself for who you are, people will respect you for it. And this will make them respond positively to you. You don’t have to be someone that you’re not in order to be liked and accepted by the people around you.**
- **Try not to be too hard on yourself when things do not go as planned - it’s OK if they don’t! This is why it’s important that we learn how to manage our emotions so we aren’t too hard on ourselves when things do not go as planned.**
- **Improve your social skills. Practice talking to people. Don’t be afraid of putting yourself out there - you’ll become more confident as time goes by.**
- **Make friends with others who are good for you, and avoid negative friendships that will bring you down. The right friends will build you up, they won’t tear you down!**

It’s very important to learn how to apply your emotional intelligence effectively, especially when it comes to social intelligence.

Social Intelligence: A Character Strength

“Social intelligence is the capacity to understand and manage emotions, to recognize nonverbal cues, and to understand the subtle nuances of language.”

Strong social intelligence is a powerful character trait. It’s not just about being able to read people easily — it’s also about understanding oneself. People with high social intelligence are more successful in their careers and relationships because they are able to better control their emotions, respond appropriately in different situations, and communicate effectively with others.

Social intelligence is a character strength. It’s a skill that allows you to understand how people from different backgrounds and opinions think, feel, and react to others and the world around them. You may not have known that social intelligence was a thing before, but now it’s time to learn about it!

Social intelligence can also help you understand what’s going on in the

world around you. There are many factors that contribute to a person's social intelligence, but by observing these factors, you can get a better understanding of why an individual feels certain ways or behaves in certain ways. This is especially important because people tend to follow trends and beliefs that are popular among those around them. For example, if a person is in an office full of people who all eat chicken for lunch and that person is vegetarian, that person is more likely to believe and act like the other people in the office. Social intelligence allows you to recognize these different types of thinking so that you can communicate with people in ways that will help them feel as comfortable as possible.

The best way to practice your social intelligence throughout your day is to create a few good habits. This doesn't mean you have to memorize the entire Wikipedia entry on social intelligence, but you should make it a point to practice thinking before saying things that you might regret later. Sometimes this can be as simple as hesitating before you respond or pausing to think about your next response. It may also be helpful to speak with a friend and ask them for advice about something that made him or her feel uncomfortable, conflicted, or unsure about how to proceed.

As with any skill, social intelligence can take a while to become fully conscious and develop. But with time, you will become a master of social intelligence and start to understand the people around you in ways you never thought possible!

Real-Life Examples and Skills

There are many examples of social intelligence in action throughout the super successful, yet totally down to Earth people we know. Here are a few real life examples that will give you a quick tour of this topic. You may also recognize some of these people and/or have seen their movies, as they're pretty familiar:

1. Warren Buffet – Social Intelligence in Action... "The Oracle of Omaha" is the legendary CEO of Berkshire Hathaway (NYSE:BRK-A). It's the largest holding company in the world and has a market capitalization greater than 160 other countries' GDPs (source). Berkshire Hathaway is considered one of the most successful and strongest companies in the world. The company has been in existence since 1867 and consistently

earns a return on equity of over 20% (source).

Buffet's prowess as an investor has earned him the moniker "The King of Wall Street". His ability to turn an annual corporate profit into a personal fortune has also earned him the nickname "The Oracle of Omaha".

When asked about his success, Buffet often cites his ability to see things from other people's point of views, as well as having a clear vision and plan for portfolio management. Both of these skills are traits of social intelligence.

2. J.K. Rowling – An Example of Social Intelligence... JK Rowling is the mind behind the Harry Potter book series that has sold more copies than any other series in history. She is also one of only 21 people to ever become a billionaire through writing. It seemed inconceivable just a few years ago that an author would have their work translated into 73 languages, and then be made into eight blockbuster films with worldwide box office revenues exceeding $8 billion. But Rowling pulled it off and went from rags to riches, becoming one of the wealthiest women in Britain and writing a New York Times bestselling book along the way.

Rowling credits her success to "hard work, imagination and good fortune," but wouldn't you think she'd be the kind of person to have a social intelligence skill set?

A lot of people seem to believe that people with social intelligence succeed through being "nice", but I'd like to offer another explanation:

3. Arnold Schwarzenegger – What's the point of being nice? ... It's more rewarding, enjoys true camaraderie and strengthens relationships. In short, it is just plain healthier. Little girls grow up thinking that if they're nice they will be popular or liked. This belief is taught at a very early age and can become part of who we are as individuals. But this is an erroneous belief. As adults, people with social intelligence know that it is far more rewarding to be liked for who we are as individuals, and build genuine friendships and meaningful relationships based on mutual respect rather than the "one thinks you're cool thing". It's more accurate to say that they created a kinder culture in their organization. People with social intelligence make an effort to work hard at being genuinely nice because they know that it makes for better relationships at work and in their community.

5. Jamie Foxx – In the spotlight... The comedian, actor and singer isn't just

a triple threat, but a quadruple threat as well. (He can sing with the best of them.) He was nominated for an Oscar and won an Emmy and a Grammy. This is no small feat: he has already won more acting awards than any other male actor in history.

One thing that we get to see first hand when watching Foxx perform is his ability to take what he does seriously, but not himself. Foxx is known for being laid back, humble and generous. He's also known for his love of technology and social media – he can often be found on Twitter tweeting about everything from music to movies to sports and more.

I'd say that he has a really good idea of what makes others smile and make them happy.

6. Charlie Chaplin – One of the greatest social intelligence masterstrokes... Much has been written about this man, but one thing that comes up over and over again is his ability to know what people want to see, hear and feel…and then give it to them. His genius was in creating a character so lovable and likable that he became an archetype – The Tramp. This lovable character was so real that audiences started to identify with him…and loved him as much as he loved life.

According to Robert F. Boyle's book, "Forty Thousand in France", Chaplin was the most popular man in France after World War I. His social intelligence skills prompted him to ask the French people what it was they needed most during those trying times…and he did his best to deliver.

8. Bill Clinton - Never Forget... President Bill Clinton is a great example of a person who has spent considerable time and effort listening and learning from others so he can best serve the needs of our nation and its citizens.

He is well known for his ability to engage in political discourse with those who are on the opposite end of the spectrum, and as a result, has become the most respected president in U.S. history (source). Clinton's social IQ is evidenced by his being one of only two presidents to attend more than 1,000 State of the Union addresses (the other being Ronald Reagan).

Not only did Clinton lead our nation during a time of great change and upheaval, he was able to raise our collective social IQ. With every speech he gave we gained a new and better understanding of ourselves. The world became a better place for it.

And since winning is what it’s all about, if you want to win at life, do whatever it takes to increase your social intelligence.

3 Ways to Improve Social Intelligence

It’s not a surprise to anyone that social intelligence is important. It’s important for you to know how to behave and communicate properly in social situations because it can save you a lot of time and resources in the long run. For those who need some extra help with this, there are three ways that they can improve their social intelligence.

1-Developing Social Intelligence

The first and most important thing that you can do in order to improve your social intelligence is to talk more. If you’re shy or introverted, or have some sort of language barrier between you and others, it’s better if you can talk more often with people, whether it be by going on dates, going out on parties or just having conversations with people online. This is because talking more with people will mean that you’ll be subconsciously experiencing and learning the behavior of other people.

2- Listening to People More Often

Listening to other people has a huge impact on social intelligence. Whether you want to talk about what they’re saying or not, it’s a good idea for you to listen more often because it can help you relate better with other people. It can help you learn how to understand them and empathize with them, which will then make your interactions with them smoother and less awkward.

3- Observing People and Other Cultures

One really good way that you can learn a lot of social skills is to observe other people and other cultures. You can do this by observing how they do things or interact with each other. This will help you become more open minded and understanding of their perspective, which is usually different from yours. If you’re exposed to many cultures, then it’s obvious that you’ll be able to pick up the social rules of those cultures easily because they’re already familiar to you.

Social Intelligence in the Workplace

Social intelligence is defined as “the ability to understand and manage relationships”. This includes understanding how relationships work, the different types of personality styles that generate different interpersonal dynamics, being able to read nonverbal cues such as body language, feeling comfortable in any situation whatsoever and improving communication skills. It also covers developing a strong personal brand which can provide not only more opportunities but create loyalty which can improve one’s job satisfaction. For me, social intelligence is being able to relate to different types of people and be comfortable with them. Social intelligence is also about reading different social cues and reacting appropriately. Social intelligence is at least as important as emotional intelligence because when you don’t have the ability to read cues, you can be misread by others which can lead to more problems in relationships and thus affect your performance at work.

You could say that it’s the art of understanding others and communicating effectively.

How to be More Socially Intelligent at Work

To be socially intelligent, you have to understand all types of people. You have to be able to relate with introverts, extroverts and everything in-between being able to communicate with them and figure out how to use their strengths for the benefit of the company. For example, if you know you need someone who is good at networking and team building, you would hire a more extroverted person because he will bring those qualities into whatever role he has in the company.

The logic behind using social intelligence to advance your career is simple: People connect with people. They want to work for people they admire and respect. And if you can improve your ability to relate to them, you can become an indispensable asset to your organisation.

One of the best places to start is by profiling the top performers in your company or department. What’s their secret? How do they get ahead so fast and so often? Most likely, you’ll discover that they’re exceptionally skilled at building relationships with others. They know how to make people feel comfortable and confident in their presence, and they have a

knack for amassing new allies who go out of their way for them.

They’re experts at building rapport, and they use this ability to get ahead by making people feel valued.

Manage Difficult Emotions

“It takes something more than intelligence to act intelligently.”

Fëdor Dostoevskij

Difficult emotions are a major part of life. They are what we feel when life throws us curveballs, or when we lose a loved one. When tough times hit, it’s important that we keep our emotions in check and remember to take care of ourselves. To accomplish these things can be difficult at times, but there is help to be found if you’re willing to seek it out. Just remember to have patience with yourself and others as you move through this time period. It’s important that you don’t rush into anything before you are ready.

The ability to distinguish between happy and sad emotions is crucial when it comes to managing difficult emotions. Some people have a misconception that they need to feel happy at all times and will use every means necessary to escape negative emotions, rather than accept them as a normal part of life. This is an unhealthy way to deal with everyday life. It’s okay for you to feel sad when you lose someone, or when your world changes for any reason.

People who experience difficulties in their life more often than others will need to have a keen eye when trying to decide how to handle these feelings that seem more serious than those that many other people experience. Difficult emotions are a significant part of life. It is not uncommon to be sad when we lose a loved one, or when something bad happens. This is normal, and it’s okay for you to feel sad when you lose someone, or when something bad happens. However, it’s important that you don’t rush into anything before you are ready. Also keep in mind that even though the human emotional experience is extremely broad, for most people sadness is the most common emotion experienced during these difficult times .

During the time of your life where difficulties seem the strongest, you’re likely to have more difficulty putting these feelings into perspective. It’s important to understand that even though you may be having difficulty managing difficult emotions they are normal. Your ability to cope when going through these times should be approached the same way you would

approach other challenges in your life.

For a lot of people, managing difficult emotions means staying busy. They tend to use this time as an opportunity to reach out and connect with others, and help them however they can. Often times this can lead to helping others who are also struggling, or maybe just giving them a listening ear during their hard times. Other people tend to work on projects that they feel strongly about during this time period .

It’s easy to feel guilty about how you react to negative emotions. It’s normal for these feelings to make us feel scared or sad, but instead of focusing on how you should be feeling, focus on how you really do feel. Once you have an understanding of your true feelings it will be much easier for you to deal with difficult emotions in the future.

When dealing with difficult emotions it’s important that you don’t try to avoid them or run from them. This will only make the process last longer than necessary. Instead, try to accept this emotional time as part of life and embrace it no matter what happens. This may sound easier said than done, but once you know how to deal with difficult emotions they will seem a lot easier to manage.

It’s normal for people who are experiencing difficulty managing their emotions to feel scared, alone and sad.

5 Ways to Express and Identify Emotions

To put it mildly, emotions are a big part of our day-to-day lives. They tangle up our thoughts, living in the backseat and driving us in different directions than we’d like them to. It can be difficult for people to describe their own emotions, or even identify what an emotion is. Thankfully, these easy steps can make identifying and expressing your emotions easier.

Here are five ways to express and identify your emotions:

- **Talk about what you feel with a partner/friend: Talking with someone about how you feel helps bring clarity on how that emotion feels and why the person might be feeling that way as well. Saying out loud what you’re feeling and sharing it with**

another person helps give your emotions a concrete shape.

- **Try writing about your emotions: Sometimes when we are experiencing strong emotions, we need to get them out of our bodies and into words. Writing on paper or in a journal can help you express your thoughts, feelings, and experiences that might be difficult to express in conversation or other ways.**
- **Take a walk: Going for a walk can be a wonderful way to take your mind off of whatever is stressing you out, especially when you want to express some strong feelings that won't let up. When you are walking outdoors, the air around you and the fresh air can help calm your mind.**
- **Let emotions out: When you are clearly expressing your emotions, people will understand the emotion that's upsetting you. When you are upset, angry, sad, or in a bad mood and you have to get these feelings out of your body it can be scary. It's more comfortable to push feelings down and live life normally when we don't feel strong emotions. Expressing your emotions is a step toward feeling more at peace with yourself.**
- **Try meditating in order to release emotions: Sometimes expressing your emotions doesn't quite work the way you want it too. If you need help with an emotion that you can't express in any other way, try meditating. Meditation helps access deep seated feelings and concerns so that they can be released from your body.**

Activities for Toddlers, Children and Students

The toddler years are a wild ride, and it can make it difficult to keep track of everything. Sometimes your little one feels like crying, screaming, or just generally not being their usual happy-dappy self. It's important to take steps to help them calm down so you can go back to playing/reading/watching Game of Thrones. Here's a little recipe for calming down your toddler:

Prioritize your activities. What are the most important things that you can

do right now? Sweeping the floor? Getting the potty ready? Or making out with your significant other on the couch to watch Game of Thrones? It may be necessary to do one or more of these things, but make sure that you're not neglecting what's most important. [Did I mention we're talking about preschoolers here? They are, as a general rule, not very good at prioritizing. Often, their top priority is "being at the center of the universe."] Keep activities low-key, calm, and under control. A toddler melt-down is often a last-ditch effort to get you to engage with them. If you calmly say "No, sweety. We'll do this later," then they know that they can get your attention later when it's time for another round of pouting and screaming. Putting them in a room by themselves is NOT effective — oftentimes it will make things worse, since they will come out even more upset than before because now you're not paying attention to them

If your child has been struggling with emotions and mood swings lately, here are some ideas for activities that may help:

- **Solve puzzles, crossword puzzles, and word searches with them**
- **Talk about how the activities make their minds work**
- **Draw a picture together of what they want to achieve**
- **Have your children write a letter to their most important people in their lives asking for positive affirmations or support**

"Emotions are essential for human development, mental health, relationships, and our capacity to flourish."

By managing emotions in the classroom, teachers can guide students toward attaining positive outcomes in their lives. According to "The Journal of Positive Education", teachers that manage emotions could impact student behavior by improving student attitudes toward school and by improving the quality of students' relationships with other individuals (i.e., parents, peers). Teacher strategies include practicing positive self-talk, learning to motivate students by being kind to them, and staying calm when students are out of control.

Since the year 2000, many schools have started incorporating emotional intelligence into their curriculum as an attempt to improve the overall emotional well-being of students. The goal is to teach students how to manage emotions and cope with stressful situations. "The Journal of

Positive Education" explains that education about emotions teaches basic information about their physiological effects and also helps students learn how they can change their reactions to a variety of emotional situations. Students especially benefit from teaching relating to anger management, stress prevention techniques, and general coping skills.

Improving self-management skills is imperative to address child emotional difficulties. The goal of any stress management program is to teach children how to manage emotions. As a child gets older, he or she will be able to handle some of the stresses and life's pressures and will thus develop the necessary coping skills. These are some of the basic methods that children can use.

Children who have problems with anger often learn from their parents that there is "nothing wrong" with expressing anger and using violence when one is angry. If this is the case, children may not express their anger in a healthy way because there are no consequences for crossing over into dangerous territory when using violence or aggression as a response to their emotions.

Children who have problems with regulating their emotions and anger should practice relaxation to help them better deal with the situation that has upset them. By relaxing themselves, they can think more clearly and react in a way that is appropriate for the situation. Exercises for Your Group Sessions

For group therapy patients, sessions can be an exercise in managing emotions. It's difficult and often annoying to put one's own problems on hold for the sake of others. But with patience and communication, it is possible to improve a group session experience. Here are some tips for those who may find that the therapeutic environment is not always conducive to their emotional stability.

1. Communicate

We all feel things as individuals, but group therapy should allow the participants to get to know one another on a deeper level. This can be difficult if each member is concentrating on her own feelings and needs and not the others'. In some situations, it may be better for the patient to speak in the first few sessions, before they know everyone's names. It also helps to talk about treatment goals with a supervisor beforehand so that everyone understands what's expected of them in the sessions.

2. Pace Yourself

Group therapists tend to move at their own pace and don't mind if a patient is slow or fast at processing information (except that their pace may drag toward the end of the session). However, if a patient starts to get up early or take longer breaks, the other patients may start to feel rushed. It's important to set aside certain feelings that can be dealt with in between sessions. If feelings are left alone for too long, however, they may come out in the group setting and cause confusion.

3. Take Breaks/Vacations/Sick Days

Group therapy is a bit different from individual therapy because everyone is being treated at once, not just the one patient. When one person has a hard time coping with group therapy, it can have an impact on everyone else. If these feelings arise, it is best to step back from the group and work through them privately so that everyone can benefit from the experience. Keep in mind that it's better to get some rest instead of taking time off, so consider setting limits with your therapist about how many days you can use for recovery.

If medication may be a part of treatment, make sure that you take it as prescribed and continue to work on your emotional issues. There are times when medications may have a side effect that manifests in group therapy sessions or interfere with treatment goals (i.e., disorientation, feeling sick). For this reason, it is important to communicate with your therapist and discuss any side effects or problems you may have at home.

4. Be Ready to Stay

Don't feel like you have to work through every little feeling right away. You don't have to be the one who always feels better or determines when group therapy will be over. Opening up about how you're feeling may help others open up as well, but staying for every session is not an expectation you should have in group therapy. If you become overwhelmed by your feelings, it's best for you to center on yourself and take care of yourself before returning to the group. Let your therapist know if you need time off, so that he can monitor your progress and adjust treatment accordingly.

5. Take Care of Yourself

Keeping your health and wellness in mind is important when working through therapy. If you've been feeling run down, talk to your doctor about

a healthy diet and lifestyle changes. You may also want to ask for medication if you feel overwhelmed by emotions or if they interfere with therapy sessions (i.e., disorientation).

6. Listen

The most important thing in group settings is listening to one another and being open-minded about others' feelings. There are some things that we just won't be able to hear, so it's best to respect people's individual needs and wait until they are ready to share them with the group..

Activities for Autism Spectrum Disorder/Condition

It is hard to find activities that satisfy the needs of a person with autism.

Ideas on creative ways to express emotions, such as:

1. Drawings

Drawing pictures can be very easy and quick. It is a way to express your feelings by designs or pictures you make. You can create something simple with this or complicate it more and make things more fun to look at. To get started, start small with your first drawing. Don't rush it, because this is a simpler art that makes you become familiar with what you are doing and what tools you use. Start small and practice until the end of the project is done.

This is one of the most creative ways in expressing your emotions. By putting some white paper and stick drawings, you can make your emotions come out. You can create a picture with everything you want to say or show about the feeling you are having. This is a good way to get rid of stress or any other emotion related to autism spectrum disorder/condition that affects you greatly.

2. Music

Music is a very nice way to express your emotions. It's a great way to make yourself and the people around you relaxed. If you don't know how to play an instrument, do not worry! You can still make music with something simple such as a micro keyboard or even just by singing your song. The best way to do this is by making a playlist of different songs that

can fit different moods or situations for some people like you. After that, try playing it once in a while or whenever you want to get rid of stress, anger, sadness or even any other emotion related to autism spectrum disorder/condition that affects you greatly.

3. Dance

Dancing is a way of express your feelings through rhythm and movement without saying anything at all. It can be an enjoyable way to get rid of stress, anger or any other negative emotions related to autism spectrum disorder/condition that affects you greatly with it's own beat.

4. Singing

Singing is one of the most entertaining things that can get plenty of people's attention. The thing about singing is that everyone has their own voice, and there are many different sounds of music that people usually like listening to. Singing is a good thing to do when you are feeling sad, frustrated, excited or even nervous. Every kind of emotion has a different kind of music that goes with it. Singing is a creative way to express your emotions related to autism spectrum disorder/condition with your own voice.

5. Writing

Writing can be very easy and quick if you are in the right mood. The best writing materials needed for this activity are just pencil and paper or your favorite laptop. Simple things like pens, markers, crayons and paint are also good choices for writing. Or you can use your computer and write with words that can represent what you are feeling. This is a great way to express your emotions related to autism spectrum disorder/condition since you communicate in writing.

6. Making Things

You can create pictures that represent the feelings you are having at that moment. Or you can make things to express your feelings, like a bow and arrow which is a symbol of anger or even a gun which makes people think about their own experiences of dealing with their emotions related to autism spectrum disorder/condition.

7. Playing Video Games

Playing games is one of the most fun things in the world! You can play video games for hours and still not get tired. Playing video games can help

improve your attention, focus and problem-solving skills. It’s also another way to get rid of stress that affects your emotions related to autism spectrum disorder/condition.

8. Building Things

People that like to build things will find this idea interesting. Building things can be very creative if you put your mind into it. It’s a great way to express your emotions by making something to show what you are feeling. You can make a house, car, rocket ship or even just a simple block tower on the ground!

9. Doing Things Outside

Going outside and doing physical activities is a great way to relax and get rid of negative feelings you are having by getting some fresh air. You can also play some sports like football, baseball, basketball or any other sports that you like.

10. Yoga

Yoga is a popular type of exercise that many people do in order to relax themselves. You can make yoga poses and positions for yourself that will help you channel your mind by expressing your feelings into it. This is a great way to release emotions related to autism spectrum disorder/condition because you are doing something that can help you calm down and think about what you are doing.

Effective Emotion Communication

Learn how to use your emotions as a tool, not a hindrance. Emotions are essential to human communication and human life in general. Whether you’re talking with friends or colleagues, whether you’re working with students or athletes, whether you’re speaking in public or delivering the best sales pitch ever; everyone has something about which they can be positive and into which they can get invested.

There are two important aspects of effective emotion communication:

- **The ability to discern one’s own emotions, feelings, and reactions, and use them as a tool; and**
- **The ability to discern another person’s emotions, feelings, and**

reactions.

When we can identify our own emotional response, we can communicate it in a way that is genuine. We can express our emotions honestly even when it's the last thing others want to hear. When we know how others react to us emotionally then we have the opportunity to understand why they need to be handled with care or why they frustrate us so much.

For example, imagine that you make use of emotional reactions by using them as a tool for getting your point across. You know that when a client hears the word 'no' they tend to shut down because of how they feel about contradicting authority. You know that when someone feels overwhelmed by your reaction, or your request, they are more likely to want to vie for a compromise. When you're aware of how you make others feel you can use these emotions as an effective tool to get people buy-in or cooperation.

When we can see someone's emotional reactions, we can understand why it's necessary to handle them with care and why certain responses might frustrate them.

Emotional Intelligence in Relationships

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou

Emotional intelligence is pretty amazing. It’s what allows you to manage your own emotions and reacts appropriately to the emotions of others. So, for example, if your partner is really upset but then says it’s okay and thanks you for understanding, you’re able to say they’re welcome because it seems like they’re feeling better. You might even start by asking them how their day went in order to find out what might be affecting their mood in order to help yourself better understand them and help them feel more loved.

Unfortunately, your partner might not always express what is really going on for them. Especially in the beginning of a relationship, it can be tricky to figure out what is going on under the surface and what you can actually do to be a better partner for them so that they feel loved. It’s natural to want to fix things and make things better. But that’s not always possible, especially at first. So how do you know when they need help making themselves feel loved as opposed to when you need help? You might have heard this before: “How can I fix it if she doesn’t tell me?”

This is one way that emotional intelligence in relationships comes up a lot. It’s important to realize that you can’t just fix your partner. Moving in together, renting a car together, buying a house together – these are the things you can do to make each other’s lives easier and better. The best way to be an effective partner is to make yourself understood so that the person you love feels loved.

It may be especially hard depending on someone’s personality type (for example: extroverted vs. introverted), because people tend to gravitate towards people who are similar or have similar interests. However, most of us have partners though, who are in many ways different than us. Sometimes it can feel like you’re speaking two languages whenever you’re talking to your partner. This is the time when emotional intelligence comes up as a really important skill for you to develop.

It’s important to understand that the same way you might be angry about something and not say anything because you don’t want to hurt someone else’s feelings, or afraid that they aren’t going to understand what’s going on with you and will get upset or feel rejected, your partner is having those same uncomfortable thoughts and feelings on a regular basis too. It’s incredibly important to be patient with each other.

A Time of Declining Empathy

What Causes a Decrease in Empathy?

In the short term, empathizing with others can be a motivating factor in personal relationships. As humans, we are naturally inclined to connect with and care about those around us. If you’re going through a difficult time or just want to make someone feel better, it’s quite normal to turn to friends or family and reach out for help. In these cases, the removal of communication barriers can have positive impacts on both parties. But when empathy is removed from the equation – whether it’s through lack of knowledge of how others are feeling or poor communication skills – it can lead to consequences that can be detrimental on both ends.

A recent study from Yale University found that the ability to feel emotion in others has declined over the past 40 years, even with technological advances. Psychologists have long been interested in empathy, because it’s a driver behind many behaviors necessary in healthy human interactions. Empathy can be defined as “the ability to grasp another person’s point of view and share their feelings or needs,” and a decrease in this quality is likely to lead to individuals not feeling connected with one another. This detachment could be in part due to the modern lifestyles that may encourage individuals to keep a certain distance from others.

This is not to say that empathy has no place in our society. It’s crucial in helping us learn from our mistakes and develop better relationships with one another, which are beneficial for everyone involved. But it’s important to use empathy appropriately and consider the implications of actions on others when taking a decision or making a decision yourself.

A New Approach to Meaningful

Socialization

The term “Meaningful Socialization”, coined by Dr. Eric Mogil in his article published in the journal American Psychologist, has been around for two decades. Yet it is quickly growing in popularity and relevance as a helpful new approach to socialization that helps both the individual and society become more compassionate and enlightened. Individuals learn how to be self-reflective, showing empathy for themselves and others through collaborative social activities that help them practice critical thinking skills such as perspective taking and creativity. This approach also benefits society by promoting healthy relationships between groups of people while encouraging responsibility for one’s actions.

While many schools and educators have been helping students to learn these skills for years, Meaningful Socialization takes this approach a step further by addressing the importance of life-long learning. Groups of individuals accomplish these goals through a variety of interactive, collaborative social activities that are designed to help them internalize these concepts. The name Meaningful Socialization stands out because it is different from the traditional approaches to socialization, which often focus on basic skills that can be easily learned through more passive learning environments. The approach itself includes no specific curriculum and offers suggestions that can be applied to any classroom, sport, or extracurricular activity where learners will benefit from positive interactions with each other and their environment.

This approach incorporates the use of evidence-based socialization strategies, such as Positive Behavioral Interventions and Supports (PBIS), that were designed for use with students with specific learning disabilities to promote their social development. This new approach to socialization is important for a number of reasons.

Some students may not receive the guidance and support they need to learn basic skills and develop an understanding of themselves and others. While this approach can increase their academic success, it can also help them build a supportive community in which they feel accepted while helping them overcome any barriers they may be having with learning. In addition, society becomes more stable as we become more understanding about one another’s needs. This is an ideal situation where individuals can

learn from each other, build their confidence, and enjoy the company of like-minded individuals.

This approach appeals to today's learners because it comprises a variety of activities that may appeal to the different personalities and interests of students. It focuses on working together with others towards a common goal in order to learn more about themselves and others while building supportive bonds with others in their community. Meaningful Socialization is particularly effective for helping students overcome feelings of exclusion or loneliness by providing them with opportunities for social interaction outside the classroom environment. These social experiences help them gain valuable skills that they can use towards success in their future endeavors.

Empathy and Emotional Intelligence

Empathy and emotional intelligence are two different things. Empathy is the ability to attribute one's feelings to those of another in order to understand one another's emotions. Emotional Intelligence is the ability to recognize, understand, and constructively deal with one's own emotions as well as the emotions of others through a lifelong process that continues from childhood into adulthood. The two skills are usually related to each other, for example, when a person with a good emotional intelligence is also able to empathize with others. It is important to understand that these two skills are not the same. Empathy may be used in many different ways, such as for understanding the emotions of another person or in order to comfort them. Emotional Intelligence helps one recognize what triggers his/her own emotions and the emotion of others better and to be able to control these emotions.

Empathy actually refers to understanding or being aware of another person's feelings and experiencing similar feelings oneself. This ability makes it possible for people to care about each other despite their differences in age, religion, education, cultural heritage or race. Empathy enables one to have concern for others and often gives people the ability to talk about their feelings and help others with theirs. Empathy is the ability to understand another person's thoughts, feelings and behaviour. When a person has good empathy skills, he/she can better identify how another

person is feeling or what might make them feel that way. This makes it possible for a person with good empathy skills to be more likely to understand or relate to another person's emotions, thoughts, feelings and situation.

People with great emotional intelligence are able to recognize other people's emotions by reading their facial expressions, body language and tone of voice. They are also able to understand how others are feeling in any given situation. This ability may be used to successfully handle situations that appear extremely difficult such as managing interpersonal relationships with other people, understanding one's own emotions better, problem solving and helping others feel better about themselves.

Empathy skills help a person gain self-awareness. It is important to understand that emotional intelligence is not the same as self-awareness or self-consciousness. Emotional intelligence refers to the ability to recognize your own feelings and the feelings of others as well as their reactions during certain situations or even when they feel helpless.Emotional intelligence is also the ability to understand your own feelings and those of others better. Empathy is about being aware of the emotions of others, while emotional intelligence involves understanding your own emotions and being able to manage them effectively.

An example of a situation where these skills would be needed are when a person has been through a terrible experience or an event was so traumatic that he/she felt helpless, like nothing was going to improve at all. This would make it very difficult for the person to function in everyday situations because he/she would be unable or not able to feel comfortable with himself/herself or anyone else around him/her, including his/her family members, friends and even colleagues. However, if this person was able to recognize his/her emotions and able to understand that even though he/she feels helpless, there is always a reason to feel something, then he/she would be able to control his/her own feelings and understand that no matter what happened before, this experience is in the past. He/she would be able to focus on the present and not feel as helpless or depressed anymore.

Empathy and Emotional Intelligence are both very important skills because they allow people to care for each other despite their differences in age, religion, education, cultural heritage or race. Empathy helps people

understand each other's situations better when trying to help take care of themselves or someone else.

The 'Liquid Modern'

The Liquid Modern is a cultural, social phenomenon that has influences all aspects of our society. Our technology, communication, economy, and culture have all been heavily influenced by the Liquid Modern. This brief overview will give you just an example of what this entails and how it changed the way we live our lives.

A quick search on Google says that "Liquid Modern" is typically used to describe our current era. It refers to "society in which everything seems fast-paced (liquid), flexible (modern), fragmented and difficult to comprehend." As you can imagine this leads society into lots of confusion as it can be hard for us to keep up with current affairs in the world around us. It refers to the era of modernity that we are currently living in. It is an "ongoing process of transformation, in which all aspects of life, from family relations to politics and science, are rapidly changing and highly uncertain". The 'modern' part of the phrase refers to the fact that there is a sense of a breakdown in social order. It also alludes to the idea that everything is being superseded by something new.

Liquid Modern's main principles can be summarized as such:

People can now experience the world in new ways. There is a large amount of content available to us in any given field. We have the ability to learn about something that could be as obscure as a naturally occurring fungus or the way animals interact in their environments. The internet is changing how we find and share information. For example, one search engine got over 130billion hits last year alone, which is just staggering thinking about it. That amount of people searching for answers on their own individual topics leads to an infinite number of searches taking place on any given day. The internet really allows us to connect with anyone, anywhere in the world, to get answers or at least contribute to an answer. People have become more connected with each other than ever before.

The history of the Internet is short yet filled with progress, but looking back 40 years shows a very different picture to the one we are seeing now. This evolution has been important not only for how we interact and

communicate but also for how, where, and how often people access information. One of the main principles that has been implemented in all aspects of society is that of “the liquid modern”. The “liquid modern” has become a new model of information creation and distribution. The internet, video games, mobile phones, and social networking have all created this model in their own way.

Working on Long-Term Relationships

When trying to work on a long-term relationship it can sometimes be difficult to know what is and isn’t working. Myths abound about the best way to maintain a healthy relationship, but most of these are very much rooted in the past.

The idea is that this approach will help you get back on track when something has gone awry with your partner and even show you how to start building a healthy relationship from scratch.

Myth #1 - You should be honest about your feelings

“Honesty is one of the most important qualities in a long-term relationship. A partner who is constantly lying will lead to huge problems down the line”.

This one has great merit, and it’s something that most people want from their partner. However, I really believe that there is a difference between being open with your feelings and being honest in any situation; if you’re honest with your feelings when they are causing you problems then you need to change those feelings – not hide or lie about them.

Myths aside, many people would agree that honesty is an important quality of a long-term relationship. Now, honesty can be a tricky thing. Sometimes the truth can hurt, and sometimes it’s not the truth that you want to hear.

Being honest is also something that is relative to the situation. The truth about whether you like someone’s new hairstyle might not be something they care to hear, but it doesn’t mean that you shouldn’t say it. This is where being open with your feelings comes into play. It’s important to always be aware of the effect your words will have on your partner, and adjust accordingly.

The important thing here is that you are open about your feelings. What this means is being aware of how you feel, what causes those feelings and why, and sharing them with your partner. Communication is key to any relationship!

Myth #2 - Always be there for your partner

“No matter what, you should always make time for your partner. They should come first, before everyone else.”

This idea comes from the idea that the person that you’re dating is the most important person in the world to you. This includes things like time and attention which are finite resources that have to be divided up between all of your relationships – not just romantic ones but also family and friends as well.

This is where the idea of being there for your partner comes from; if you don’t make time for it then it won’t happen. There’s a real danger here of course, because if you never make time for your partner because they are always first then they will get used to this and the relationship will become stale. If, on the other hand, you didn’t make time for that partner because you were too busy with work or friends then they might also begin to feel that they’re being unloved and unimportant.

The trick is to find a balance between the two. You always have time for your partner if you make that time and working out how to do this is something that comes with experience. It can even be changed over time if required. The important thing here is that you both feel like your needs are being met and understood, not just expected to “deal with it”.

Myth #3 - There should always be some drama in a relationship

“Relationships can’t survive without some bad times. The ups and downs make the whole thing more interesting”.

From my perspective, this idea brings up 4 things:

- **What happens when the ‘ups’ stop being ‘ups’?**
- **What happens when the ‘downs’ stop being ‘downs’?**
- **What happens when someone doesn’t want the drama?**
- **What happens when you leave the drama behind and find there is no one else to obsess about?**

The answer to these things are pretty simple: most often (but not always) bad times actually become worse, and leave you feeling worse than before. You end up becoming more dependent on them simply as a result of their existence rather than because they are truly that important, and this leads to more problems down the line.

On the other hand, good times continue to be good times. They rarely ever become bad times, and when they do they are usually pretty short. You end up enjoying them more and focusing on the positive rather than rehashing old memories that are no longer relevant or helpful.

The key is to focus on making your relationship a series of good times with some bad thrown in – this way you'll remain happy and content most of the time which will lead to a stronger, healthier relationship where each partner is getting what they want.

Myth #4 - You should always be happy in a relationship

"Big problems in the relationship mean that you're not happy. If you aren't happy then something needs to change".

Being unhappy in a relationship means that there are issues that need to be addressed and dealt with. If you are unhappy then you are in the relationship for a reason, and that means you have to work on making it work. Many relationships stay together because of their initial attraction, but if there aren't issues then they will become stale and ultimately result in a breakup.

The challenge with this is that many people want to avoid problems because they're afraid of them, or because they know that the problems will lead to conflict. When these things happen then couples start avoiding each other and simply begin showing up together without ever really knowing why – whether it be fear, tension or boredom – which leads to a dead relationship where no one is really getting what they want.

The key in understanding that being happy is important, but so is addressing the issues and working to make them go away. If done properly this can actually improve your happiness and make your relationship stronger.

Myth #5 - You must be madly in love with your partner at all times

"Being in love means you're always happy to see each other, never get sick of each other and always want to be around each other. It means

you’re meant for each other”.

This one sounds great, right? Who wouldn’t want to be constantly in love with their partner? The problem here is that “being in love” doesn’t really exist. Love is a much more complicated concept than that.

Let me explain what I mean by this. Imagine you hear that there’s a new guy in town who has everything you want in a partner: he’s attractive, charming, ambitious, funny and clever… but he also happens to be crazy about you. Now say he apologises for breathing too loud and laughing too often (which usually means he is actually crazy), and says sorry for being socially awkward (usually meaning he’s shy). He might constantly try to impress you – whether it be through cooking your favourite meal for dinner or buying the new iPhone 6 – but when he gets the wrong cut of meat or the wrong colour phone then it all goes wrong because of his love.

This is what being in love is like. It means that everything that doesn’t go your way, or isn’t what you expected, becomes a problem. The things that you do have don’t matter so much because you’re too caught up on the things you don’t have; regardless of whether they actually fit into your life or not.

In a relationship, there will be imperfections – both physical and emotional. These aren’t necessarily bad things, but rather a natural part of the process that needs to be accepted and dealt with to achieve a balanced relationship where both partners are happy and content most of the time (similar to how I talked about earlier).

On the other hand, when you love someone you often don’t see the imperfections because they are simply what they are – things that make them who they are. You know they aren’t perfect, but you still want to be around them and fight for them anyway, and because of this it makes for an incredible relationship.

Romantic Relationships

Case 1: Emotional Distancing

There are many ways to help your partner feel closer to you like letting them know exactly how you feel, providing reassurance that you love them, and reassuring them frequently. However, there are also a few

negative emotional disconnects that can occur if these actions aren't enough.

Emotional distancing occurs when one or both partners gets deeply involved in another person's life and experiences those feelings as though they were their own. This includes things such as emotions, thoughts, dreams and even physical habits (such as facial expressions or body language). It can also manifest in other ways such as joint activities like house work or spending time together on the weekends. The most common emotional distancing occurs when one partner takes over all the responsibilities, such as mortgage payments, career aspirations and even child rearing.

The other person is left feeling like they are not a part of the relationship. This can cause both parties to feel resentment for not being able to give as much as they maybe wanted/needed to. This imbalance can create tension and cause them both to be unhappy in the relationship. Hence, creating an environment that will only lead towards an inevitable break up if one or both partners do not adjust their behavior/assumptions about their partner's intentions or actions in the relationship (assuming they are doing something wrong).

The best way to avoid emotional distancing is to be aware of how your partner might feel and what they might need or want. In the case where one or both partners are not emotionally connecting, it can sometimes take time for them to realize that. If you know what the trigger or cause is for the emotional distancing, it can often help you steer clear of that and implement a plan towards more connection.

A couple might even benefit from being more open about their emotions and talk it out with each other. If one of you tends to be very private or defensive about your feelings, try working on that aspect of your communication. If one tends to feel left out in the relationship, communicate your feelings about wanting to do things together or just being there for each other (like cooking dinner).

Case 2: Excessive Fighting

It's hard to know when fighting becomes too much. In some cases, the fighting is good for the relationship and better than staying in an ambivalent state. At what point does it become too much with too little payoff?

The most common sign of excessive fighting is probably not a lack of intimacy but more a feeling that there's no end in sight to the arguments. It may also be that one or both partners are exhausted from either giving or receiving so many critiques, complaints, tirades, and put-downs. The disrespect, and sometimes the physical abuse, is bound to take its toll on both partners.

The main problem with fighting is that it's far too easy to get sucked in. It's so easy to be trapped in a vicious cycle of putting the partners down because they are not living up to your standards, and then being put down in response. As a result, you may feel hurt and confused about why this is happening to you and how you can make it stop. That feeling often leads either to withdrawing or getting involved again before long.

There are some common reasons for fighting without much payoff that are worth considering:

- **You're not being fair. The things that you complain about probably aren't the biggest deal in your partners' lives. About half the people we talked to who were trying to control a partner's behavior said their partner was "anal-retentive." The power of this epithet is not so much that it describes any one person perfectly but that it provides an all-purpose objection. In other words, "You are anal-retentive" is saying, "I am not really interested in what you do; I just want to control you."**
- **You are oversensitive and needlessly reactive. Some people are chronically hypersensitive and repeatedly look for slights, insults, and offenses. If you are that way, then you will fight a lot with someone who is calm, rational, and not sensitive by nature. In fact, your partner is probably the "sensitive one" in this situation. You could be brought to tears just by the sound of your partner's voice or the way he looks at you. Your partner may be asking for something incredibly reasonable, such as regular sex or some help around the house, only to have it badly received because of your emotional sensitivity.**
- **You don't really mean what you are saying. When you are triggered into fighting, you may not really mean what it sounds like you are saying. This may happen if you are trying to draw attention to your partner's behavior when there is no real**

problem. The problem may not be too much of what your partner does, but the way he does it or the way he feels about it that is a problem for you.

- **You use shame as a weapon. I am surprised that more therapists and love counselors have not mentioned this although it is mentioned often in books on self-esteem and recovery from codependency. I find that when I work with couples who fight a lot, particularly if one of them is trying to control the other, there is usually this really nasty side to their interactions. One or both partners may lash out at the other with statements such as "You're stupid," "You're ugly," "You look like a slob." The purpose of this cruel behavior is not to get the truth across but to hurt and humiliate the other person. The problem is that it works only too well and results in more threats and ultimatums —and more fighting.**

Activities for Couples

The mood is set, the candles are lit, and you've got some soft music playing. You slide open your laptop and are greeted with a list of activities for couples that can be done sitting on the couch together.

Here are 10 activities to get your creative juices flowing and give meaning to those "couch" hours:

Watch 2-3 episodes of a TV show you know they love, but haven't seen yet

2. Play a board game - no more than 3 rounds! The best games for two people include Taboo or Pictionary

Play a game of Scrabble, but if someone doesn't like the word their partner uses, they get to "throw out" that word...

Play "I never." It's a great way to get them to retell stories from their past that you might not have heard.

Tell each other something you want to do...just the two of you!

Make up a scavenger hunt (like "Find out what your partner would do if they won the lottery," or "Find out what your partner's life

would be like if they were in charge")

Draw each other - just with words! (like "Draw me how you see yourself in 10 years")

Tell each other 3rd-person stories. (like "Tell your partner the story of how you met, and then write what they would have said")

Write down a list of things they like to do - like going for walks, visiting their favorite restaurant, watching movies...

Go on a date! This is a good way to spend most of an evening together while also making it clear that one-on-one time away from children is something you both enjoy.

Improve Emotional Intelligence in the Workplace

“Surround yourself with amazingly intelligent men and women. The people I work with not only are smarter than I am, possessing both intellectual and emotional intelligence, but also share my determination to succeed. I will not make an important decision without them.”

George Steinbrenner

Daniel Goleman on EI in the Workplace

According to Daniel Goleman, emotional intelligence (EI) is a set of skills that enable us to manage emotions in ourselves and in those around us. EI allows people to understand their own emotions. It also helps them identify the emotions of others and respond appropriately. Emotions affect how we work. They affect our relationships with others, including our colleagues at work. They also give us insight into what motivates other people, thus improving our performance as well as that of those we are working with.

Goleman's research shows that emotional intelligence can be used by individuals to improve their performance at work as well as in their personal lives . The development of EI is critical for the organization and the individual as well.

Emotional intelligence is a set of skills that enables individuals to manage their emotions in themselves and those around them. The skills are:

- **Emotional Awareness**
- **Reflection**
- **Self-Awareness**
- **Motivation**
- **Social Skills**

Goleman argues that we can use these skills to improve our performance at work. These include:

Increased effective communication, stress management, teamwork, conflict resolution and decision making . Through our emotions we make quick decisions based on instinct rather than logic. We tend to get angry over minor situations and avoid situations because of fear or anxiety . We know something is wrong, but we cannot put our finger on the problem and we do not know how to solve it. We get stressed over situations and do not know how to relax. We become so preoccupied with work that it takes

over our lives. These are all unacceptable behaviors for an employee who wants to be effective at her job.

Emotional Intelligence and Leader Behavior

Studies have shown that bosses are more popular with their employees if their emotional intelligence is higher . There may be no correlation between emotional intelligence in a boss and employee happiness, but there is a strong correlation between the personal happiness of a boss with the quality of work done by the entire group . Bosses with a high EI know how to motivate staff by fostering an environment of trust, cooperation and communication. They realize that happiness begins at work as this is where most people are spending most of their time.

Therefore, it is important that businesses recognize the importance of emotional intelligence and the skills that nurture it, especially if they want to improve the quality of work done by their employees . As Goleman says: “The challenge for business is not only to develop these skills in managers but also to inculcate them in workers—and then make a payoff big enough to justify the investment”.

7 Examples of High and Low EQ at Work

High EQ means to be confident and able to adapt well to any situation. Low EQ means not being able to deal with people effectively. It is associated with emotional reactions that are out of proportion, such as feeling threatened or anxious.

Here are 7 examples of high and low EQ at work:

- **A dominant high-EQ personality may berate others or sabotage their work just because a disagreement has arisen. A low-EQ person may make the same mistakes but without the same abusive intent.**
- **A high-EQ person is more likely to sweep minor slights under the rug. A low-EQ person will stand up for themselves but may be unwilling to stick up for others in the same position.**
- **A high-EQ person can comfortably assert themselves in an**

unpredictable environment. A low-EQ person who is unsure of how to behave may need more approval than they're likely to get.

- **A high-EQ manager knows how power is distributed and who can do what. A low-EQ manager values cooperation and coordination over authority.**
- **A high-EQ person can adapt their style based on the situation. A low-EQ person will feel strongly about how they're being treated and won't be able to adapt well.**
- **High-EQ managers are generally able to delegate tasks. Low-EQ managers feel obliged to take on work themselves and can find themselves stretched too thin.**
- **High-EQ managers generally communicate well and create an atmosphere of teamwork in the office. Low-EQ managers don't know how to talk about emotions without getting emotional themselves.**

5 Benefits and Advantages of Using EQ in Business

We all have a personality, and it's time to learn how your personality can help you succeed in the business world. EI, or Emotional Intelligence, is the ability to identify and manage your emotions and those of others. When people are aware of their emotions they are able to regulate them accordingly which promotes effective interactions with other people.

Here we'll take a look at 5 Benefits and Advantages of using EQ in Business for increased emotional intelligence:

Increased productivity - companies with higher emotional intelligence display powerful relationships among employees; these relationships translate into increased employee engagement levels which leads to a higher degree of workplace satisfaction which then leads back again to increased productivity.

Reduced absenteeism - many companies see an increase in absenteeism when the company is undergoing a major change and

employees are unsure of how to adapt. The inability to act effectively at work due to emotional problems leads employees to take time off as they feel confused and unguided. Emotional intelligence can enable employees to develop closer relationships with their supervisors, which leads to increased trust, which in turn results in lower absenteeism.

Lower employee turnover - companies with more emotional intelligence have lower employee turnover rates because they have better relationships with their employees; thus, the company can benefit from continuity rather than being short-staffed while transitioning new staff members into the work place.

Increased productivity - office workers who have a higher emotional intelligence tend to get more work done in their office. Emotion is contagious, thus if you want your employees to have an emotional IQ of 100%, then they need to be able to recognize when they are feeling strong emotions and understand how to regulate them.

Higher customer satisfaction - in order for the company to stay profitable it is crucial that customers are satisfied with the product or service that is being offered by the company. Emotional intelligence enables employees to more effectively communicate with their customers and understand how best to satisfy each individual customer's needs.

What Happens When There is a Lack of EQ in the Workplace?

There are many different types of personality traits that can be observed in individuals within their work environment. One that is very present is called emotional intelligence or EQ. This trait refers to a person's ability to perceive, monitor, assess, and express emotions in themselves and others. A recent study published by the American Psychological Association revealed how vital it is for managers and employees alike to develop EQ so as to maintain confidentiality when communicating with one another. If there is a lack of regulation on the office floor, it can create an uncomfortable work environment for both parties involved. When

people have poor table manners or do not consider others feelings at work, employees are more likely to leave their job due mainly from the lack of trust in their superiors. It is for this reason that managers and the employees must become familiar with EQ. The more transparent a person is, the easier it will be to gain trust and work well together as long as there is no discord in the work environment.

If an individual is low on EQ, they are more likely to be open and honest about their feelings. Those who are low on EQ are less likely to act possessively towards their work environment. They also tend to be more enjoyable to work with because they allow for easy communication between all parties. On the contrary, if there is a high amount of EQ in the workplace, not only will it benefit one's career but it will also improve the overall atmosphere of the office. By being able to manage themselves and others better due to their emotional intelligence, individuals can better understand what motivates them and how they see themselves in order to draw out better performance from them as well as motivate them towards a rewarding future.

As much as EQ is beneficial to the workplace, it can also be detrimental if not monitored well. Individuals who are low on EQ are more likely to talk about their feelings in front of others and allow these feelings to get in the way of a positive work environment. This can lead for micro-aggressions, which are statements that are perceived as focusing on the group's race, sex, sexual orientation, or ability . When an individual is low on EQ he/she may misinterpret a statement and feel offended by it. However, this is not at all what was said nor was it intended. For example, a male co-worker may say "you are being silly" but the female who is low on EQ may take it as an insult to her intelligence and become offended. This was not the case and the person was only trying to be nice. This is just one example of how a person with low EQ can create an offensive environment by jumping to conclusions.

In addition, when there is a lack of emotional intelligence present in an office setting, employees feel isolated from their colleagues due to less communication within the workplace and more grievances between employees. It is harder for people to develop bonds with co-workers or even have any sort of lasting relationships because they are always putting people down in order to feel good about themselves. For example, many

people have a tendency to believe that they are better than others because their employment is higher position or the salary is larger. They may also feel isolated from their colleagues if they are put in a situation where they have to go out of their way to help them or spend time with them. Although it may be unpleasant for them to go out of their way for others, the biggest point here is that EQ promotes kindness within an office setting.

In order for any type of environment within the workplace to be successful, it requires cooperation between everyone involved. This starts with being able to understand how people work and need things from each other.

Workplace Training in Emotional Intelligence and How to Implement them

Emotional intelligence is the ability to recognize, understand, and manage your emotions in ways that help you make sound decisions and perform well in your personal life. It's a skill more people are realizing is important for success, not just at school or work but also at home. Studies have shown that emotional intelligence predicts job success as well as career advancement, which means this skill has the potential to lead to increased earning power.

Some workplace training in emotional intelligence will help you build your skills in this area:

The Art of Active Listening– How to Listen so People Will Talk (Priest, Willard, 2004)

Assertiveness Training – A key component of emotional intelligence is being able to express yourself appropriately and assertively while still respecting the rights and feelings of others. (Priest, Willard, 2004)

Empathy Training– The ability to understand another's feelings and point of view. (The ability to listen and communicate accurately.)

Problem Solving Skill – The ability to problem solve in a thoughtful manner and come up with an appropriate response, when others are

unclear of your intentions or feelings. (The ability to maintain composure when faced with difficult situations.)

Creativity Training– The ability to express yourself without preconceived ideas that will limit your thinking process. (The ability to analyze problems and solutions from different perspectives.)

Team Building– How to contribute more effectively as part of a team while still remaining true to yourself as an individual contributor. (The ability to build and maintain relationships with other people.)

The Power of Personal Development– When people know how to make positive changes in themselves, they will be able to lead others and be more productive as a result. (Preventing burnout.)

The Power of Positive Relationships– When positive relationships are formed between the leaders and their employees, it improves morale, which can increase productivity. (A precursor to more effective communication and teamwork.)

Developing Leadership Skills– Leadership skills can definitely be developed by taking full advantage of the various training programs available at educational institutions or through professional coaching programs, but leadership is not restricted to these two types of training methods.

Coaching Staff Development – If you have a staff, you should be prepared to help them grow and develop as much as possible. No one can be successful on their own. (Noticeable improvements in productivity.)

Tips for Teaching and Applying EQ in the Workplace

(EI) is a model that summarizes and gives insight into how people express themselves in their work. The best way to measure EI is through the use of self-report questionnaires. These questionnaires allow for deeper understanding of what a person’s strengths, communication style, and challenges are while also gathering data from various areas of endeavor to gain insight as to how those with different styles can be successfully

employed in the workplace. Below are 18 tips for teaching and applying EQ in the workplace.

Applied intelligence is present in all cultures, and the idea of multiple intelligences is gaining acceptance in today's world. As people become more socially aware, they recognize that gifted or successful individuals are not always the smartest; they just know how to use their intelligence or experience effectively. This means that people can build strengths not normally thought of as intellectual.

The first step in applying EQ to a work environment is determining which employees possess the greatest potential for success, meaning those whose efforts will best contribute to the organization's goals. Naturally, individuals who are well-equipped with strong communication and interpersonal skills will have an advantage.

The second step in applying EQ is to look at the work environment. People who are open-minded, easygoing, and outgoing do well when given opportunities to interact with a wide variety of people. On the other hand, introverts may benefit from smaller office spaces where they can have privacy and solitude.

Training for EQ implementation should be ongoing and should encompass all employees, new hires as well as current workers. By establishing a solid base of knowledge involving EI in all stages of company introduction – from recruitment to training to advancement – employers allow gifted workers ample opportunity to flourish while also maintaining overall workplace efficiency and productivity.

EQ affects all facets of the workplace, not just managing employees. Individuals who are emotionally skilled can diffuse tense situations with ease and efficiency. They can also resolve conflicts and conduct negotiations with a positive attitude and sense of humor, catering to the needs of different personalities while maintaining a firm stance in business matters.

Given that communication is such an important cornerstone of EI, employees should be encouraged to communicate freely throughout the organization, regardless of hierarchy or title. This means that workers should feel comfortable approaching their superiors for

guidance when necessary. Furthermore, individuals from every department should be encouraged to collaborate on projects that will benefit all parties involved within and outside the company.

In order to establish EI within an organization, managers must recognize that every member of their team possesses a certain degree of emotional intelligence. Even though a person's degree of emotional skill may differ, he or she will possess certain strengths and weaknesses that complement the rest of the team. Thus, it is important to ensure that everyone's strengths are being used in the workplace and that encouragement is given where necessary so that all areas are covered.

As with any other form of training or education for the workplace, it is always best to begin with new hires during orientation and follow up with ongoing application in daily activities. This approach will allow for a smooth transition without wasting time and resources.

The most successful way to implement EQ training is by using self-report questionnaires. Through these questionnaires, people are able to identify the areas of their lives that require improvement and then develop a strategy for improvement. As with any form of self-improvement, taking the time to evaluate one's strengths and weaknesses is the first step toward strengthening personal weaknesses and improving on existing strengths.

Even though it takes work to develop strong communication skills, it is worthwhile for those who want to advance in their careers.

EI should be applied in the workplace because it can make employees more valuable to their employers, thereby increasing employee retention and attraction.

Employees who develop their emotional skills often become more successful when it comes to promotions and earning above-average salaries. Generally, people with higher EI are more well-rounded individuals who are able to handle situations with sensitivity as well as maintain a strong work ethic by using their judgment in situations that require it.

Using EI in HR (Human Resources)

If you’re an HR manager, it’s important to be aware of a number of topics. One of these is the use of emotional intelligence (EI) in HR.

How can you use EI in your HR practices? One way is to use emotional intelligence tests for your applicants. These tests will help you choose candidates who have the skills that are needed for success in the area of human resources. You can also use these tests to help coach anyone who has problems with interactions with co-workers.

The most important thing, though, is that as an HR manager you show leadership and empathy towards your employees. This will encourage them to open up about their feelings and their work performance. If you are empathetic towards your employees, they will be more likely to communicate openly with you, and there will be less risk of them leaving due to poor communication.

How can you improve your EI? One way is to practice being more emotionally aware of the people around you. Think about how a co-worker might feel in any given situation.

As an HR manager, you also need to be able to express your own emotions well, and handle criticism from co-workers. These two skills are important, because if you are too unemotional or too emotional, for example, this could cause problems with people who interact with you.

The first step in improving your EI is to know what it is and why it’s important for those in the field of human resources.

Why is it important for HR managers?

If you’re an HR manager, it’s vital that you display good emotional intelligence skills in order to do your job effectively.

Why should you use EI tests?

They give you a quick insight into your emotional intelligence, which is useful if you want to improve it or if someone else wants to assess your EI.

What are the benefits of using EI in HR?

You can make better decisions about your employees. You can understand why employees act the way they do, which will give you a better understanding of how to respond. This will lead to stronger employee relationships, and a more motivated team. When your staff members work well together and have good relationships with their managers, this is also

likely to lead to increased productivity in your business.

Another benefit is that you can hire good people, with the right skills and attitudes for the job. It's important to have an understanding of your employees' feelings, so that you can handle any problems that might arise.

What are the barriers to using EI in HR?

You will need to be able to understand your own emotions and the emotions of those around you, as well as know how to express them in a way that other people will understand. So if you are self-conscious or have problems with expressing yourself at work, this could make it difficult for you to deal with employees well.

The most important thing is for the HR manager to be visibly empathetic towards their employees at all times. You need also show confidence in the abilities of other team members and not put blame on them when something goes wrong.

This might sound obvious, but another important factor is that you are a good listener. If you listen well to your employees and colleagues, they will be more likely to open up to you and to get along with you in the long term.

You need also be aware of cultural difference between various countries. You may need to display different levels of emotion depending on which country your business operates in. For example, in some countries it is important to work hard and be methodical, and show people that you are a hard worker. In other countries it may be more important to show emotions of empathy and sympathy to staff members. This will need adjusting to depending on your business context.

What are the drawbacks of using EI in HR?

As an HR manager, you need to understand the importance of not being too emotional or too unemotional at your workplace. Some bosses may get frustrated with their employees if they don't seem able to express their feelings effectively. They may feel that their co-workers are working too slowly because they lack this skill, for example.

Some HR staff members may be too emotional. This can cause a problem for their co-workers, who don't know how to react and might have problems with interactions with them.

Certain people might see a HR manager as the person responsible for their

failings at work. This could cause problems in the long term if they feel that you are not communicating effectively with them.

It's important that you can express yourself in business meetings and in larger groups of people who aren't necessarily work-related, but also show some skill of expressing your emotions in some situations or when interacting with co-workers.

Conclusion

We have reached the end of our journey on Emotional Intelligence. Thank you for reading!

In summary, although emotional intelligence is a hot topic among psychologists and teachers alike, there is still much more research that needs to be done before society can fully embrace EQ as a cultural norm. It also seems like EQ can be improved through certain techniques, which means that we need to start teaching these skills sooner in order to reap the benefits of this skill set.

Although there is still much more research that needs to be done before society can fully embrace EQ as a cultural norm, what we do know for sure is that there are significant implications for both the individual and the group when you possess high EQ. It also seems like EQ can be improved through certain techniques, which means that we need to start teaching these skills sooner in order to reap the benefits of this skill set.

The line is drawn far too thin between who has high EQ and who doesn't. Many individuals that are classified as having "low" emotional intelligence actually have no problem interacting with their peers and get along very well in their social life, only to struggle in school or the workplace. Although many schools are beginning to incorporate a curriculum that teaches students how to develop their EQ, there are still many people in the world who just aren't "naturals" at reading other people's emotions. Perhaps they haven't had much experience dealing with others and their feelings or they've never been taught how to read certain signs of emotion (they can be subtle at times) in other individuals.

Although there are many high EQ individuals that work in these fields and the work environment can be very conducive to developing one's EQ

skills, these individuals often don't have the opportunity to receive much help from their coworkers. As a result of this type of isolation, their social life suffers and they may never develop any true friends in the workplace.

Another advantage of having high EQ is that it allows you to communicate effectively with others. Having strong leadership skills allows you to delegate and manage other people efficiently. If they're your peers, they'll be more productive as well.

Studies have found that individuals with strong EQs are able to better understand others and see through their perspectives. This is especially important in the workplace where an idea or suggestion may not be received in a positive manner because of a variety of reasons; however, it may not be because you presented it poorly or failed to communicate effectively but that you had a miscommunication with the other individual.

So, this leads us to the conclusion that having high EQ can be very beneficial for individuals who are looking for career opportunities and motivation at home or at school. If you have a high EQ, it's important that you use this information to make the most out of your work environment and relationships. And if you've noticed that you lack some EQ skills, it's not too late to change. There are many organizations and experts that can help individuals learn how to develop their Emotional Intelligence.

All research says that we DO have any control over our emotions. We feel, and the rest happens when we feel. We can always choose how to express our emotions which in turn will help us deal with our emotions. If you are going through depression, be sure to express it but don't take it out on the people who love you because if they love you, they will accept your feelings and not blame them on your feelings. But if you feel something negative towards someone, make sure to show that without making fun of or hurting someone else in the process.

Lastly, if you have all your emotions, you will have a better life. Knowing your own emotions is important and realizing that they are there for a reason. If they're there to hurt you then leave them where they belong and don't let them get in the way of what you want out of life by blaming them on other people.

Master Your Emotions

The Guide to Learning How to Use your Mind to Control and Overcome Anger and Anxiety. Learn How to Master your Emotions and Think Positively to Improve your Life.

Introduction

The following chapters will discuss the art of mastering your emotions.

The art of mastering your emotions may sound intimidating to most people simply because they do not understand what it entails. Mastering your emotions is a process that requires you to become aware of the nature of your emotions and feelings as well as learn how to manage them. As such, it ensures that you are able to act accordingly, despite the emotions and feelings you experience. This is because you are never at the mercy of your changing moods, random events, or external circumstances.

It is important to acknowledge that our emotions and feelings are the most vital, present, and painful forces in our lives. This is because they determine our thoughts, actions, and intentions since they are the glue that connects us to other people and gives meaning to life events, whether good or bad. Therefore, when you are aware of your emotions and you are able to manage them effectively, you think clearly, manage stress more effectively, make better decisions, and are not affected by life challenges that are sometimes inevitable. Note that when we allow our actions to be determined by our emotions, we encounter intense and extreme moments that may result in extreme challenges we cannot handle. Mastering your emotions requires you to develop self-awareness and understand the difference between emotions and feelings you experience daily.

Though the phrases' emotions and feelings are used as synonyms, their meanings vary. This is because emotions precede feelings and they are instinctual and physical. Therefore, emotions cannot be measured through body language, blood flow, facial expressions, or brain activity. On the other hand, feelings occur after the onset of emotions, they are subconscious and cannot be measured as well. Note that your emotions and the resulting feelings play a major role in determining how you interact with people around you, as well as how you experience the world. By mastering your emotions and their resulting feelings, you can easily become intentional when managing your actions and thoughts to ensure

that you maintain a balance in life, thought clarity, and an inner sense of peace, no matter what you encounter.

As humans, we experience a wide range of emotions, yet we are required to develop emotional awareness skills to help in managing our emotions and feelings. Emotional awareness helps to recognize what you like versus what you need, empathize and understand people, make sound decisions based on priorities and values, gain motivation and take the required action to meet set goals, build healthy, strong, and mutually rewarding relationships. Mastering emotional awareness ensures that you understand what you are feeling without even thinking about it. You read emotional signals to determine what is really going on and how to act accordingly. Therefore, mastering your emotions begins with learning to understand how you feel and know when your emotions get in the way to determine how you react to different situations. This requires practice and a lot of guidance that is offered in this book. By the time you are done with the last chapter, you will understand how to master your emotions and prevent them from affecting your decisions and reactions.

There are plenty of books on this subject on the market, thanks again for choosing this one! Every effort was made to ensure it is full of as much useful information as possible. Please enjoy!

Chapter 1: The Mind

The brain is a complex organ that is tasked to control every movement of the body, from how the fingers move to how the heart beats. As such, it plays a very crucial role in determining how we process, control, and react to emotions. The mind is the hub of the nervous system. It comprises 100 billion nerve cells that are equivalent to the number of trees believed to be in the Amazon forest. Each of the nerve cells connects to over 10,000 other cells. Meaning that the total number of brain connections is similar to the number of tree leaves in the Amazon forest.

Evidently, a lot goes on in the mind where the brain and the complex processes manipulate a person's emotions. Meaning that there is a lot more behind the anger you feel when something does not turn out as you expected. A lot goes on when the mind is interpreting different emotional circumstances and developing an instant reaction to the emotions. The mind affects how we feel and how we react to issues, yet we may not be aware of its power. So, where exactly do emotions come from in the brain?

The mind's limbic system represents a group of interconnected brain structures that are located deep within the brain. The limbic system hosts the mood-activating structures that determine your emotional reactions and behavior once an event occurs. The limbic system is made up of the hippocampus, hypothalamus, limbic cortex, and amygdala. The hypothalamus controls emotional responses and is also responsible for the release of hormones, sexual responses, and regulation of body temperature. The hippocampus retrieves and preserves memories. It also determines how you perceive spatial environmental dimensions. The amygdala coordinates how a person responds to environmental factors that trigger different emotions. It is particularly effective at triggering anger and fear. The limbic cortex is made up of two structures; the cingulate gyrus and parahippocampal gyrus that affect a person's judgment. Motivation and mood.

Part of Mind That Controls Fear

Biologically, fear is an important emotion that helps people to respond appropriately to threats that have the potential to harm them. The response triggered by fear originates from the amygdala and later the hypothalamus. This explains why people with brain damage that affects their amygdala do not respond to dangerous situations appropriately. The amygdala stimulates that hypothalamus by initiating a fight-or-flight response. The hypothalamus then sends a signal to the adrenal glands to release hormones like; cortisol and adrenaline. As the two hormones get into the blood, you will experience physical changes like increased blood sugar, heart rate, breathing rate, and perspiration. Other than triggering the fight-or-flight response, the amygdala is crucial in learning fear. This is a process where a person develops an association between different situations that trigger the feeling of fear in them.

Part of the Mind That Controls Anger

Just like fear, anger is a reaction to stressing factors and threats within your environment. When you are stuck in a situation that you deem dangerous and you are unable to escape, you will respond by getting angry or aggressive. Notably, the anger response you give and the onset of aggression are classified as part of the fight-or-flight response triggered in the brain. Frustrations like facing roadblocks when hoping to achieve a goal within a given time duration also trigger anger reactions. Anger begins in the amygdala and is then stimulated by the hypothalamus. Additionally, some parts of the prefrontal cortex also play a role in triggering anger. As a matter of fact, people with damages to this brain part have trouble controlling their emotions, especially aggression and anger.

Part of the Mind That Controls Happiness

Happiness is the overall state of satisfaction and well-being. When a person is happy, he/she has positive feelings and thoughts. Happy responses are said to originate from the limbic cortex and another area

known as the precuneus. The precuneus retrieves happy memories, maintains your sense of self, and helps you to focus your attention on the surrounding environment. According to research conducted in 2015, people who have a larger gray matter in the right precuneus are said to be happier. As such, experts linked the precuneus with the processing of different information that is later converted to happy feelings. For instance, spending quality time with a person you like. When you look back on that day or time, you feel happy.

Part of the Mind That Controls Love

It may be awkward, but the onset of romantic love stories is linked to stress response triggers from the hypothalamus. This is because a person tends to feel anxious or excited when falling in love with someone. As the love feelings develop, the hypothalamus triggers the release of hormones like vasopressin, oxytocin, and dopamine in the brain. Dopamine is linked with the body's reward system that makes people appreciate love as a desirable feeling. Oxytocin is known as the love hormone because it increases each time you have an orgasm or hug someone you love. Oxytocin is produced in the hypothalamus and released via the pituitary glands. It is also associated with social bonding with people of both genders since it is deemed crucial for building trust and building strong relationships. Oxytocin also triggers the feeling of contentment and calmness. Vasopressin is also produced in the hypothalamus and released via the pituitary glands, and it triggers social boding with lovers or partners.

The mind is a complex part of the body that is hard to decode. However, it is evident that the mind plays a major role in determining our emotions and how we react to different situations. Hence, the saying, "it's all in the mind". As discussed, it's clear that the limbic system is responsible for controlling basic emotions like fear, anger, love, and happiness that we experience daily.

The Conscious and Subconscious Mind

What Do We Mean by the Conscious Mind?

The part of the mind responsible for logic and reasoning is considered a conscious mind. The capability to reason and come out with a logical framework of articulated logic behind the action. The way one reason out of a given situation and how you come up with the best solution or awkward one is to consider as the conscious state of mind. For instance, how to add three plus four to arrive at seven is the conscious arithmetic of the mind, the logical calculation, and estimation. Moreover, the conscious mind enables one to control all the intentional actions one does. It all constitutes the intentional intention of a man and how the person operates on daily dealing.

Therefore, when people are aware of what is happening around them, the things they are doing, and they can control those activities, it is the conscious mind in action. Raising your hands to do something, walking, laughing, running, and so on are controlled by the conscious mind. The things we do while knowing the expected result and the likely consequences are done by the conscious mind. Besides, these things are always within our control, and the expectant results are not strange to us. We tend to do many things consciously, especially the daily activities we engage in, such as work, exercise, hobbies, etc.

Furthermore, the concise mind is usually considered as the gatekeeper to mind, and all the processes have to pass through it daily. For a very long time, people will always wonder why they are programmed in a certain way that if they encounter new beliefs, they find it hard to integrate them into their system. The conscious mind will always try to filter the belief and try to fit in with the already existing beliefs to match it to the situation. It is called conscious mind critics we are unaware, and we have to cooperate with them in our lives. It usually happens when one criticizes your actions or your deeds, and to some extent, calls you names that you do not believe belong to you. No one will take an insult lightly, especially when told that you are dumb, your conscious mind will battle with the statement. Knowing well that you are not dumb and agreeing with such statements is unacceptable by the subject of the insult.

What Is the Subconscious Mind?

The part of the mind responsible for all the involuntary actions is considered the subconscious mind. The common example is the heartbeat and breathing rate which one cannot control. Anything happening to a person unconsciously cannot control and the action is beyond our control, unlike the conscious mind. In case we decide to control these activities like breathing, it is because our consciousness is aware of the action and it is our conscious mind in action. One can decide to control the breathing rate for a purpose, but that is under the influence of the conscious mind. The feelings of anxiety or feeling afraid are controlled by the subconscious mind, and usually, they are beyond our control.

Defensively, our beliefs and memories are stored in the subconscious mind, and they became the greatest asset in our lives. The beliefs we have must be improved to match the affirmation we have towards a given subject for it to be relevant. Normally, the affirmations are done by the conscious mind, which must match the subconscious mind coded information filtered to match the actual action. Besides, one must engage both the conscious and subconscious mind to be regarded as the whole human being. The belief system must match, and the expected result must appeal to both the conscious mind and the unconscious mind at the same time regarding the event. The right way to create harmony between the two parts of the mind is to change the limiting belief of the conscious mind. It must logically accept these limiting beliefs for them to reside well with the subconscious mind. When that is done, one is likely to have peace of mind and a good mental state devoid of much disturbance and worry from external intruders.

How to incorporate the conscious mind with the subconscious mind and how it affects emotions.

We must understand what is responsible for our emotional outbursts and the calm nature we usually experience. How emotions are associated with our mental state, be it conscious mind or subconscious mind. With a clear comprehension of these concepts, the way they are associated with our feelings and how we can control them is vital for a better existence in society. Since our emotions play a focal role in our lives, one must strive to understand the role played by the conscious and subconscious mind.

Ultimately, there are two information processing systems, which are responsible for the emotion relay we usually experience. These philosophical events perceived by our subconscious mind are responsible for the habit and emotions and how we feel towards a given subject. Moreover, the cognitive processing system of our conscious mind perceives and analyzes the situation to come up with the reaction. It is responsible for how we feel when faced with a contradicting situation, how we react, and the outcome that can be desirable or undesirable. In most cases, we do not understand how we feel about a given event. It is not our fault, but the system believes that is compromised. The subconscious mind is encoded with given information, and the external intrusion is likely to cause a conflict of interest. It is like being given different information about the same subject, and you are forced to believe that they are the same. For instance, one who tells you that bread and soup are made with similar ingredients that you know well are not true. Unless you are convinced with illustrated evidence is when you can believe it. If not, one is likely to stick to the old belief.

Positive effects on the conscious mind are likely to increase creativity, while negative thinking narrows the conscious mind. Hence, less information will be incorporated into the system, and you are prone to react to any emotion. One who has little information about a given subject is likely to get affected emotionally. Information is the key when it comes to controlling our emotions and mental reaction. Most of the time, those who are not emotionally prepared about an event tend to be affected, and the result is usually negative. The conscious mind and subconscious mind are responsible for daily activities. When not used well, it can lead to destruction, but when incorporated well, you will lead a happy life. Emotions are a product of change and most of the time, and it is we who tend to resist the change resulting in emotions. If by any chance one can accept the situation the way it is, with no feelings attached to it, there will be no emotional involvement. We reap what we sow; in this case, how we perceive things matters a lot, the way we incorporate the information and relate it with the existing beliefs play a big role. It is very rare to get the negative result of a positive pair, unless we tune our minds to perceive it negatively. That is how our emotion relates to our consciousness. Besides, the initial information is more important; how we react to it is what matters.

According to psychology researchers, positive emotions are associated with happiness, pleasure, contentment, and comfort. These emotions are in the mind of a person; the harmony of the conscious and subconscious mind about the feelings results in the emotions. One cannot only say that they are happy; it is subconsciously displayed in one's face how you interact with people, the beliefs, and the relationships. Luckily, one cannot deceive you with such feelings since they can be comprehended by the third party. The feelings are real, and when trained well, some people can still manage to deceive you through the feelings are involuntary.

Moreover, a sad man can always be associated with bad feelings and unpleasant reactions such as fights, which may prove to be unrealistic. The scholars claim that bad feelings attract bad emotions, which later attract bad behaviors. The working force behind all these feelings is the subconscious mind, and it does not discriminate how we feel towards a subject, neither does it responsible for the result. It just happens or acts according to the beliefs we have, which may be the experience. These experiences, when elicited by the current, the memory of the past becomes alive and it tries to relate the current event with the past. For instance, if you were abused in the past when you were still a child, the memory will remain in the subconscious mind. In case you see, or such an event occurs, all you are likely to associate it with is the past. That is how the subconscious is programmed, and it will always lead to bad emotions, like sadness.

Chapter 2: The Four Key Emotions

According to research done by Gaslow university, all human behavior can be categorized into four primary emotions, which include; happiness, sadness, fear, and disgust. Initially, it was believed that six basic emotions were listed as surprise, disgust, fear, anger, sadness, and happiness. On arrival at these four primary emotions has been a journey that can be traced back to a first-century encyclopedia by a Chinese that dared to break down all the human emotions into seven major ones which included; liking, disliking, love, fear, sadness, joy, and anger. Later in the 20th century, a man called Paul Ekman reduced the basic emotions into six, which were, fear, sadness, anger, disgust, happiness, and surprise. The basic emotions were later grouped into eight, which are the polar opposite of each other, still in the 20th century. The bi-groupings included; anger-fear, trust-distrust, surprise-anticipation, and joy-sadness. However, the study by Gaslow countered this long-held belief. The university developed a new software program to conduct their research by examining expressions. Surprise and fear were seen to have a common facial expression of wide-open eyes while anger and disgust both shared a wrinkled nose expression. In all cases, however, happiness and sadness usually have distinct expressions always. During their study, a generative face grammar was used, a software that made use of cameras to take 3D photos of the participants' faces. The participants had undergone some training to enable them to use all their facial muscles separately, which are usually 42 in total. After capturing the images, the software generated the expression on a model, in a 3D format, which was done by activating any of the muscles. Thereafter, the participants were requested to label what emotion was being expressed by looking at the generated model. This allowed the researchers to determine the specific muscle that was being activated by the expression of a specific emotion. At an early stage of recognition, the muscles that were used to show fear and surprise and those that were used to show anger and disgust were closely similar. Further muscle activation is the only thing that could help in recognizing these pairs of emotions as distinct.

The researchers concluded that the early signals are biologically stimulated, while the prior signals were socially stimulated. For example, in the case of fear, the signal would be important to denote that something dangerous was about to happen or was approaching, which is usually our immediate response to danger, widening our eyes. This response allows us to get more information about the danger so that we can save ourselves or run from the approaching danger. The wrinkled nose that we give when we are disgusted is an immediate response to a threat that is stationary. Wrinkling our nose helps in stopping us from eating something poisonous or that has gone bad. Wrinkling your nose stops the bad smell from going up through your nose into the system. The evolving of the primary emotions has been attributed to the environmental challenges that were faced by early man. These emotions were deeply engraved in them and each emotion corresponded to a particular neurological circuit. With them being deeply engraved, the primary emotions are universal to every man, they are speedy and automated, generally, and they trigger actions or behavior that increases the survival chances of a man. These basic emotions are inborn unlike the more complex one for example nostalgia which is non-existent in newborns and animals. Researchers have agreed that the four basic emotions are stimulated by biological pressure while anger and surprise are drives by social pressure. In addition, the researchers found out that facial muscles became more defined and visible as one moves from biological to social pressure. As social situations we find ourselves become more and more complicated, fear and disgust evolve into surprise and anger, something that helps us to communicate better.

One commonly held belief about the primary emotions is that they act as the foundation on which more complex emotions build ideally, the complex emotions are said to be a blend of the basic emotions. For instance, contempt has been said to build from anger and disgust. The amusing part of this theory is, the complex emotions cannot be broken down to get the basic emotions. The shortcoming of this theory; however, is its inability to explain why animals and infants do not experience more complex emotions, such as humility.

Happiness is the general feeling that we have of a moment, event, or person that gives us pleasure. Research has attributed happiness to have

been contributed by a variety of factors such as; the individual personality type, individuals' physical health, wealth and the social class of a person, personal goals and self-efficacy, time, place, seasons, and in general, other positive emotions. A recent study on happiness has also gone out of the way to redefine happiness and its causes. Unlike what all religions and grandmothers around the world have led us into believing, this study has shown that being kind to yourself, and putting your needs first causes us to be happy. Well, I know this is a hard nut to crack, since we all grew up in environments that insisted on the need of putting others' welfare first. In addition to focusing on yourself as someone worth your time and attention, the study also suggests that a prosocial focus is likely to increase the overall happiness of an individual. When people engage themselves in acts of kindness and help other people out, their overall happiness is said to increase significantly.

Happiness is something that has been pursued globally, with different governments doing different things to ensure that their citizens are happy. A classic phrase by Easterlin revolutionized the way global economies would look at happiness. He suggested that money couldn't buy happiness, something that led a small country, Bhutan, to channel its focus on the happiness of its citizens other than the wealth of the country, which was measurable by an increase in the gross domestic product. As a result, that small country has been rated among the happiest nations of the world, and not only that, her economy registered an enormous growth. More organizations and nations are becoming increasingly vibrant in their push for happiness, an example is the United Nations, which has set March 20th as the world's happiness day. Measuring individual happiness is a highly subjective act and therefore, this necessitates the need for individuals to report their own happiness. Psychologists; however, have deduced specific measures around which questionnaires are formulated to measure individual happiness. The three parameters include; the presence of positive emotions, individuals' satisfaction with life, and the absence of negative emotions. Various instruments have been developed to measure happiness. Ruut Veenhoven, in the recent past, developed another way to look at happiness. He came up with a model, popularly known as the four qualities of life, which gives us a glimpse of happiness based on a variety of factors. In all the four ways to look at happiness, personal satisfaction was the subjective aspect that was used to measure happiness as we view

life as a whole. Ruut's model was divided into two major components, the outer and the inner qualities. He further subdivided this into what was availed by chances in life and what availed results in life. The four factors that resulted from these constructs included; the livability of the environment, the utility of life, satisfaction, and life- the ability of an individual.

However, happiness is not an all externally stimulated feeling, psychologists have suggested that it is actually possible to train yourself to be happier. It has been suggested that only up to 40% of our happiness is inborn and at least 10% is contributed by having the basic needs. That totaling up to 50%, the remaining 50% is ours to work out. Psychologists have said that individuals can train their brains to be more optimistic about life, to think in a happier and resilient way. This is done by making ourselves more aware of the positivity that hangs in the air and exercising our brain to do this regularly. By improving our physical health and exercising regularly, we are also likely to improve our overall happiness.

Sadness is a negative emotion that we experience when faced with a situation that is not pleasurable to us. It is a vivid emotion that usually, the almost immediate human response to it is avoidance. Unlike happiness, which is pursued globally, sadness is avoided from an early age due to the misconception that it is a bad emotion.

Close association with more complex health disorders like depression. When kids are growing up, there is a conventional tendency to shush them when they are wailing and then bombard them with positive words like you are going to be alright, please don't be sad, and the like. Without knowing, we pass on the information that sadness is a bad feeling that shouldn't be experienced. Sadness is a natural part of our day-to-day lives, which often results from painful experiences, or at times, some meaningful moments and of deep connection with our souls. It acts as a reminder of what we value most in our lives, and often when embraced and put into good use, it can center us. It is not meant to be stuffed somewhere at the back of our minds, but rather, it should be felt.

Sadness builds up from the painful experiences that probably we couldn't put into words, either growing up, or were too young and dependent to express ourselves. This buildup of sadness has seen most people frantically try to look for ways to put away any feeling of sadness, as they

fear that any of it would trigger and unearth the well of sadness inside them. In addition, people all across the globe have built up walls and defenses to shield themselves from the pain of sadness. At the very beginning, these defenses work, but as we grow into adulthood, they become either destructive, for example, substance abuse, or limiting. For example, keep a safe distance from people to avoid being hurt. Trying to suppress our negative emotions also numbs our ability to experience positive emotions, such as joy, love, and passion. Allowing ourselves to go through our sadness is the only effective way to use our emotions. This allows the emotion to boil to its peak, wash all over us, and then subside. This doesn't remove or reduce the pain caused by our sadness but instead, it helps us navigate through it, obtain balance and be truthful to ourselves. Feeling our sadness should be done without exaggerating, dramatizing, or without feeling victimized about it.

Disgust is a withdrawal response from the object of disgust. Its signature is usually nausea. Primarily, this emotion is meant for rejecting food that is ideally not good for consumption either it is bitter, or it is contaminated. The word disgust in itself means bad taste. Disgust is not only a way of rejecting bad food but also, it is an emotion that communicates to the other members of the species that the food is not good for their consumption. In human beings, disgust evolves into sensitivity to contamination and the drivers of disgust vary across different cultures. For example, if a fly floats on someone's drink that was otherwise consumable, it renders the drink not consumable due to the perception that the fly has contaminated the drink. With time, disgust grows and is resulted in some offenses such as a human being engaging in sexual activities with an animal. With increased moral sensitivity, disgust grows from an emotional response for protecting the body to an emotional response that shields one soul.

Fear is both an emotional and a biochemical response towards a dangerous occurrence. It is a response mechanism when we are threatened by a highly life-threatening situation and on the other hand, it can be a really subjective emotion that is experienced differently in different people. Fear could be a result of a traumatic experience that we have gone through in the past or just our perception of a certain situation. One of the ways that we can reduce fear is by familiarizing ourselves with a certain fearful situation. For example, if one is fearful of animals, maybe a regular visit

to the national park could substantially reduce the fear. The complexity of fear has left everyone in a dilemma of whether to classify it as an observable behavior or something that is hardwired in our brains.

Understanding Your Different Emotions

Your feelings are essential to adapt to your everyday life's needs. If you feel good, you can shrug even the most cumbersome tasks. But, if you are miserable, even with the feeling of darkness and doom, you can classify a pleasant activity as bad. Our relationships with others also have an impact on emotions. You will appear unfriendly and insensitive if a friend says a tragic tale, but reacts snappily rather than looking sad or distressed. On the other side, you will be offensive for various reasons if you frown when you are supposed to smile over your friend's jokes.

If you fly out of your handle, you may feel hyper or even unbalanced. In contrast, if you respond with improper joy to the comparatively small piece of excellent news, your maturity and stability are questioned. Babies may scream with enjoyment or cry with anger, but we, as adults, should be able to demonstrate our emotions to the outside.

Think of some of the renowned individuals whose careers have been ruined by the unacceptable display of feelings. That is, if you still need more persuasion about the role of emotions in your capacity to succeed or fail in the face of life difficulties. When the presidential election was over, Howard Dean's candidacy almost finished the day after a night of Internet sensations, after his 'YAAAHH' time. Edmund Muskie had a comparable political blunder in the 1972 primary season when he shed tears after emerging the New Hampshire winner. Though, he claimed that the morning light was reflecting the snowflakes, making them appear shiny. Ironically, all the rages in the political world after 2000 are tears. Until her eyes mixed up, Hillary Clinton answered a poll's question, but many experts use this against her to question her sincerity, she thought. Hillary Clinton was not regarded as sufficient to sympathize with her. Then there's John Boehner, House Republican leader, whose tear ducts are continually overdriving.

These instances indicate not only that the external display of internal sensations affects the way others view us, but also that these emotional

displays depend strongly on cultural norms. We need to conform to these standards or risk condemnation or ridicule to be seen as well-adapted members of society. Psychologist Paul Ekman demonstrated that six fundamental feelings (happiness, sorrow, and surprise, wrath, terror, and discouragement) are experienced and recognized by individuals of all cultures. When and how we express these feelings, the so-called display rules differ radically in terms of different cultural standards.

Not only the way other people treat us, but our feelings also influence our internal well-being. Whether we experience favorable or unfavorable feelings, we tend to think that forces outside of our control blame our genes for everything. What many people don't know is that the physiology of your body does not strictly control reflexes. You don't live on your DNA's programmed emotional machinery.

We must make a slight detour to the early history of psychology to comprehend how you regulate your feelings. In the last 100 or so years, views of what emotions are and what causes them to have radically altered. To begin with, who better than William James, the American psychological founder? Your feelings are entirely controlled by your body's reactions, according to James and the strongly associated opinions of physicist Carl Lange. They're the feelings. Imagine that a bear is chasing you. Fear and panic will overcome your whole being if you are like most of us and will cause a heartbreak, your palms to get sweaty, and stomach discomfort. James and Lange equated such answers to your autonomous nervous system with the real feeling of fear. Your body response does not follow the emotion; it is emotion, according to your hypothesis (referred to psychic learners as the notorious "theory of James-Lange." As James said, "To be sorry and weep, to be sorry, to be scared and ride; to be insulted by a competitor; to be furious, to be striking, to be scared because we are treading the more rational declaration is that we feel so sorry because we cry; to be upset, to be scared, to be scared, to tremble." When James and Lange spoke of a "visceral" (or intestinal) emotional response, it was quite literally intended.

Many individuals found it challenging to accept the James-Lange theory. Despite James' claim, common sense seems to work just fine. Besides "feeling" (as it were) theory, it failed to satisfy the science acceptability test and was eventually discontinued as an explanation.

The physiologist Walter Cannon introduced the “Cannon-Bard” theory that reflects his cooperation with a doctoral student named Philip Bards. His theory was believed to be comparable with the James-Lange theory. This theory suggests that the response of a tiny construct in the brain, called the thalamus, controls our feelings. For instance, the thalamus felt the bursting bear. This feeling simultaneously causes the visceral reaction in the body and the subject’s experience in the brain. The theory of Cannon-Bard was eventually discredited too because it was not experimental. The hypothalamus may participate in emotional regulations, but it is not the place of the brain for our sensations. The amygdala instead seems guilty of feelings such as fear, fury, and jealousy.

Stanley Schachter and Jerome Singer established theory in the early 1960s to develop the concept that our feelings can be controlled. They resulted in college learners believing in a trial dosage of the vitamin in their now-classic psychology experiment. The experimenters actually injected epinephrine on the pupils. The learners observed a “confederate” or test instructions by other students who became upset or euphoric when they were completing several questionnaires. Students exposed to the angry confederate reported being upset, while those subjected to the euphoric confederate reported being happy. The findings demonstrate the mental state of the experimental person affected by feelings of excitement (triggered by epinephrine) and context (confederate conduct).

In translating, the Study of Schachter-Singers means that what’s going on and the feelings you express determine your emotions. Have you ever felt moved to weep at the marriage ceremony because everyone around you weeps in their hankies? If yes, you understand how those emotions can catch up. Another word is “emotional contagion.” Your emotions mustn’t be prey to those expressed by individuals around you; however. (Why we cry at weddings is another story). The cognitive emotion theory revolution, led by psychiatrist Aaron Beck of the University of Pennsylvania, has shown that our thinking alone is the cause of our feelings. Becks’ surveys of depressed people resulted in him discovering that the emotions of the sorrow of people are rooted in dysfunctional attitudes and negative automated ideas. An attitude of dysfunction is the way of looking at a globe that concentrates on your experiences’ adverse and unrealistic elements. A negative, automatic thought is an unconscious conviction that focuses instead on your weaknesses. Dysfunctional

attitudes and self-conceptions produce together a “negative triad” of an adverse perception of yourself, your world, and your future. Beck’s theory has resulted in comprehensive investigations to accept the primary treatment of depression with his cognitive-behavioral technique of therapy.

You can borrow a page from Beck’s playbook to comprehend your feelings even if you are not clinically depressed. For example, sorrow is because you believe that you have lost or that you are losing something significant. Wrath is triggered by the belief that someone has taken anything away from you. These ideas, which then lead to your adverse feelings, are distorted in reality by your experiences.

Rational psychologist Albert Ellis takes another approach to cognitive theory, taking more widely into account our tendencies to allow our thinking to generate misery. Ellis thought that we enable our emotions to be dominated by the “musses.” “This must be effective,” “I must be loved,” “I must have what we need to have.” Ellis commented on the emotional model A-B-C: “Emotional activation” (the partner turns you off for dinner), “It must be loved,” “I must have what I want.” You need to examine them to modify your views. In this instance, by examining the proof for this faith, you can believe, “Nobody likes me.” Why don’t you believe you love anybody? Does anyone turn you down mean you don’t want anyone? Will nobody ever like you? Does it ever imply? Does that mean you all need to be like you? You can alter your emotional feedback by challenging your ideas and opinions about yourself. After you begin to discover the illogical ground for your feelings, you will be able to free yourself from the ill-fit feelings of anger, jealousy, refusal, and dislike as well as increase your adaptive feelings of happiness, satisfaction and joy.

Now that you have made this adjustment of your ideas, you have yet another work to do. The expression on your face can affect your mental status according to the “facial feedback theory.” When you switch on the muscles controlling your facial expressions, inner modifications contribute to the mood. You will feel angry when you cry. You’re going to be sad when you turn down the corners of your mouth to frown. And you will feel nice if you turn the corners of your mouth in a smile. As the song says, “to clear gray skies,” “place a glad face!” You can clear more than the gray sky with this mental repair kit. You needn’t take your gut,

thalamus, or even the amygdala as a hostage. You'll discover you can regulate your mood by focusing on the ideas preceding your feelings. And remember to smile!

Ways to Understand Your Emotions

Effective emotional treatment is the main management competency. And it is a significant first step to address our feelings—what psychologists call labeling efficiently. But it's more complicated than it sounds; many of us struggle to find out what we feel, and the most apparent label, often, is not the most accurate.

There is a range of reasons why it is so hard: we are taught to think we should suppress powerful feelings. Our company and organization's laws are certain (sometimes unspoken) against expressing them. Or, to describe our feelings, we have never learned a language. Consider these two examples: Neena meets Jared and has spoken stuff that will make her explode all the time. He reminded everyone of the project he worked on, and also interrupted it at every turn. She is so furious.

After a lengthy day, Mikhail comes home and hangs his jacket, sighing. His wife asks whether there's anything wrong. "To complete a report, I'm only stressed," he said, pulling out his laptop.

Wrath and stress are two of the feelings we experience most at work, or at least these are the terms we most frequently use for them. However, they are often masks for deeper emotions, which should be defined in a more nuanced and accurate manner. This way, we create higher emotional agility, a critical capacity to better communicate with ourselves and the world.

Yes, perhaps Neena's mad, but what if she's sad too? Sadly, her project failed, and perhaps she is also concerned that her career will fail. With Jared interrupting her so often, this anxiety is more and more justified. Why was the project not working? And now what is her work going to be? All these emotions are flowing into their rage, but they are also different feelings to define and resolve.

And what if Mikhail is not sure he's in the correct profession, what is behind Michail's stress? It used to be fun for long days–why aren't they?

He’s undoubtedly stressed, but what’s happening?

These issues offer Neena and Mikhail a world of research and responses. Like them, we need a more nuanced emotional vocabulary, not just to be more accurate but because the wrong diagnosis of our feelings leads us to answer wrongly. If we believe that we must deal with rage, we will adopt another strategy than if we deal with anxiety or disappointment–or maybe we will not.

It has been shown to show lower well-being and more physical symptoms of stress, like headaches, when individuals do not recognize and address their emotions. To avoid our emotions is very expensive. On the other hand, with the correct language, we can determine the true problem at hand–to experience it less chaotically, to better comprehend it, and to develop a roadmap to solve the problem.

These are three methods to make your emotions more accurate and accurate.

Understand the Mental Vocabulary

Take a moment to think about how to name a powerful emotion that you may be experiencing. But don’t stop here: attempt to find two more terms to describe how you feel once you have recognized it. You might be amazed by the variety of your feelings—or that under the more obvious, you have revealed a deeper emotion.

In “positive” and “adverse” feelings, it is equally essential to do so. For example, you can say that you’re excited about a new job (not just “nervous”) or a new colleague (that’s not simply “he’s nice”). This will help your emotional intentions to play the role and build the relationship in a way that leads to success along the way.

A list of emotions and the feelings they trigger:

Angry	Sad	Anxious	Hurt	Embarrassed	Happy
Annoyed	Regretful	Vulnerable	Victimized	Inferior	Relaxed
Impatient	Depressed	Nervous	Aggrieved	Ashamed	Thankful

Irritated	Disappointed	Confused	Shocked	Lonely	Confident
Frustrated	Disillusioned	Afraid	Deprived	Guilty	Trusting
Disgusted	Mournful	Stressed	Betrayed	Isolated	Elated

Consider the Intensity of the Feeling

Even when our emotions are far less intense, we can jump to fundamental descriptors like “angry” or “stressed.” In my marriage, I had a client Ed (not a true name), who often defined her as “angry” and was often upset in exchange. But every emotion comes with different flavors, as suggested by the vocabulary chart. As we spoke about other phrases about the feelings of his wife, Ed saw that sometimes she could be upset or impatient. This insight changed their connection because suddenly he could see that she was not always upset. This meant that he was able to answer her particular emotion and concern about getting upset. Similarly, whether you are upset or simply grumpy, mournful or just dismayed, excited or happy is important to your self-evaluation.

Also, rate them at 1-10 levels as you label your feelings. How profound is the emotion you feel? How urgent or how powerful is this? Have you chosen another set of phrases?

Write It Down

James Pennebaker has studied the connections between writing and emotional processing for 40 years. His experiments demonstrate the significant growth in the physical and intellectual well-being of those who write about emotionally loaded episodes. He further discovered that according to the research of laid-off employees, they tend to be three times more probable than those in control groups to delve into their sense of humiliation, rage, anxiety, and relationship problems.

These studies have also shown that, over time, those who wrote about their feelings started developing perspectives into what these feelings meant (or did not mean!), using sentences such as “I learned,” “This hit me,” “The reason that,” “I know now,” and “I comprehend.”

Here is a practice that you can use in writing to reflect. Every day you could do this, but it's particularly helpful when you have a hard time or a big transition, or if you feel emotionally troubled. It is also applicable if you have experienced something hard that you don't believe you've done.

Set a 20-minute timer.

Write your mental experiences of the previous week, month, or year using either your notebook or your computer.

Make it perfect or readable, don't worry: go where your mind takes you.

You must not save the documents at the end; it's because those ideas are out of you and are on the board now.

These three approaches can also be used to broaden your vocabulary, note, and write the intensity of an emotion, to better comprehend other individual's feelings. As we saw with Ed and his wife, we can misrepresent the feelings of another person as we are, with likewise complicating results. You're better equipped to react constructively by better understanding what you feel more exactly.

Once you realize what you feel, you can speak more precisely and learn from the feelings outlined. If Neena addresses the sorrow and regrets she feels because of her failure to do the project, as well as the anxiety of failing in her career, it would be more productive as compared to coping with Jared's rage. (If you want to evaluate your Emotional Agility, here's a connection to a test). And if Mikhail recognizes his career anxiety, he can begin to plan a better future than just imagine himself in the same job every night when he gets home.

Chapter 3: Mind Control

Emotions are an important part of us but when left uncontrolled, they can master and boss us around. Mastering our emotions is the highest form of emotional intelligence. We not only need to tame our negative emotions but also our positive emotions, when exaggerated, can result in embarrassment, annoying other people around you, and can result in disappointment. Though people see emotions as uncontrollable, it is possible to tame them and effectively derive the benefits that spring from healthy emotions.

Practice being in control of your mind. Just like we have to exercise regularly to get our bodies in shape, we need to do that often with our brains as well. More often than not, we blame our outrage of emotions on the external environment but surprisingly enough, a lot of the emotional problems that we experience are internal. If we have constantly demeaned ourselves, and we have allowed frequent negative thoughts about ourselves to play and replay inside our minds, then we become easily irritable with what others and the environment do to us. Cultivating a scarcity mentality that often reminds us of how we are never good enough, pretty, thin, tall, short, or able enough, is detrimental to our emotional control. This is because when someone points out something in us that is either genuinely intended to correct us or is with some malicious intent, we interpret it as a deficiency on our part and that makes us overreact. For every achievement, disciplined practice must be a close companion, and this doesn't exclude the mind control game. For example, you can practice mind control when someone says something hurtful to you. Instead of doing the obvious, which is trying to justify yourself, or trying to tear them down too, you could focus your esteem on not making bad feeling your focus or someone else's fault.

This not only helps you in practicing how to control your emotions but also helps you in extracting the good in the message that was supposedly hurtful and that builds some healthy ground for self-improvement. Another way to practice being in control is by listening to your brain and acknowledging truths. You won't always have life your way, and it's true sometimes you will disappoint yourself in one way or the other. You will

feel embarrassed and you will experience a whole lot of negative emotions. As in human beings, our brains also require some attention. As the leader of your body, in this case, you will have to practice the listening quality of a good leader, and acknowledge that what your brain has to say is important and you are considering it. Our brains, in this case, react just like human beings will, they relax and ultimately, late go, when they feel that their grievances are heard. After listening, be thankful to your brain for bringing you to the attention of XYZ things. That way, you will help control the fear, anxiety, or whatever other emotion that would have stemmed from you not giving an ear to your brain.

Convert the sting, often, what causes us to lose control of our emotions is being stuck to the trigger that brought that emotion in the first place. We can pull the trigger into something helpful without necessarily wishing away the emotion. This can be done by either doing various fun activities such as skating, swimming, watching something funny, or going out of your way to try something new and fun to do. This will serve as a good distraction, and a good opening to channel your emotions, and also, by choosing a different reaction from the obvious ones, you train your muscles to react differently. Also, looking out for something that centers you and gives you balance in your chaotic emotional world is essential. Usually, this is much easier if you give yourself to introspection and meditation. This is because the repeated formation of calm emotions during meditation builds some familiarity to the stillness highway, which we are able to take once our normal emotional highway is messy and with traffic.

Cultivate intention and monument any growth. More often than not, you will find that your need to be in control of your emotions overrides patience. In this way, you end up beating yourself too hard and causing more harm to yourself. Once you begin the journey of mastering your emotions, keep track of time is really essential. For example, if you are beginning at a point where you used to be angry for days, it is important to appreciate milestones like being there for a day, a few hours, and then an hour. This will keep you motivated to keep practicing more. If you keep doing better than the last time you do it, you will ultimately land at perfection. Additionally, invest some time in learning more about your brain. As in a relationship with a person, when you better understand someone, it is easier to help them and so is the case with our brains.

Spending some quiet time with your brain will help you know the obvious places where it wanders. For example, if you pick a certain spot at the corner of your room and you choose to focus on it while paying attention to your breath, you will find that before long, your brain will wander off either to something that has not been done yet, to a past that you regret about or to a future that you are uncertain about. In order to master your brain, which eventually leads to mastering your emotions, it is important that you take note of where your mind wanders to and also slowly bring it back to your initial focus, which was the breathing patterns.

Lastly, be a little bit self-compassionate. Judging yourself too much will hinder you from deriving some important lessons that ought to have been learned from a certain emotion or act. Being easy on yourself, by allowing yourself to make mistakes, learn and improve will make you a better person. In extreme cases of losing control of your emotions, it is advisable that you seek professional help.

Eliminating and Overcoming Anger and Anxiety

Anger is a secondary emotion that people feel when they are in a situation that displeases them. It is fueled by the thought of someone behaving unfairly towards you, or with cruelty, or in an unacceptable way. Anger comes in different intensities, depending on the situation. It may range from an annoyance that is fleeting to a rage that is fully-fledged. Anger is a normal and healthy emotion that is experienced by every person but when it gets out of control, it can be harmful to individuals, their health, and the people around them and it can be destructive to relationships.

Different people express anger in different ways, but the almost universal way to express it is by responding aggressively. This is because anger is a defensive emotion, which gives us a chance to either fight back or stand up for ourselves once we are attacked. This makes anger, to a certain extent, essential for our survival.

However much we may want to justify anger as important, which it is, we have legislation, community norms, and our common sense that put walls on us going out on every person or thing that angers us, thus limiting how

far we can go with our anger. Also, these limitations necessitate different anger control mechanisms. The approaches that different people take on dealing with anger differ significantly based on their personality, cultural orientation, and other factors. However, three main ways cut across most people which include; expressing the anger, suppressing it, or calming it down.

Expressing anger is an effective way of eliminating and overcoming it. However, while expressing it, you have to do it in an assertive way other than an aggressive one. This will help you avoid a lot of trouble or even create more hurt for the person you are trying to express your anger to. How you can be assertive in expressing your anger is by making your needs plain to the other party, allowing the other person to know how they can play a part in meeting your said needs, while also paying attention to the other person's emotions. In such avenues, it is important that you avoid being too pushy or making demands, as this might come out as disrespectful to the other person.

Suppression is an alternative approach to deal with anger. This is where you assume that the anger is not thereby either redirecting it to somewhere else or converting it. Most people, in suppressing their anger aim at converting it to something else that would be more positive and helpful. Suppression works to a certain extent. You can bottle up the anger, and you won't look angry from the outside. However, health specialist has pointed out the serious dangers of suppressing emotions. For anger, when suppressed, may turn into self-resentment, leading to one being angry at themselves. Some diseases like hypertension, high blood pressure, and other heart problems have been said to gain root from inward anger. In addition, fighting a feeling only makes it stronger, trying to push down anger limits your ability to experience any positive emotion and ironically, it doesn't lower your ability to experience negative emotions. This makes the roots of stress even stronger and the part of the brain that has everything to do with our emotion, scientifically known as the amygdala, is forced to overwork. Also, failing to express anger can lead to other forms of expressing the anger, for example, indirectly getting back at people, without letting them know the reason, it may also cause us to have a persistently hostile personality. Usually, you will find that people who stuff down anger consistently criticize, they like putting other people down

and they make very cynical comments about everyone and everything. In this way, it becomes really hard for them to have any meaningful relationships.

Calming down your anger, in this approach, you not only try hard to control your outward behavior as in suppressing but also, focus on your inner response such as heartbeat. You can take intentional steps like breathing in and out slowly so as to lower your heartbeat rate. Also, taking time to restructure your thinking helps a long way in changing your perspective about the person or the event that has angered you. It also makes your anger less justifiable and less dramatic. For example, by avoiding saying things like ‘you ruined everything,’ you could choose words with a more positive vibe like, ‘it’s fine, I know it’s bad, and I am angry but that is not the end, life has to move on, anyway.’ also, engaging in some physical exercises may help in managing and overcoming your anger. This works both by distracting your mind from what angered you in the first place and also helping you have some fun.

Anxiety, on the other hand, is a fear that is intense, consistent, and excessive about our everyday situations, or threatening situations which do not have to be real as sometimes they are only imagined. Anxiety is rooted in our limiting systems of beliefs; it results from fear and in most cases; it keeps us glued to our known spaces and hinders us from launching into anything unknown to us. A range of factors causes anxiety, for example, a genetic component, which is a rare case. Often, personality types contribute to anxiety, with the control freaks and perfectionists being more prone to anxiety. Other causes may include; drug and substance abuse, some individual experiences such as the loss of a loved one or trauma, low self-esteem, and at times, some diseases and health conditions such as high blood pressure. Different people experience anxiety on different levels and in different magnitudes. There are different ways in which one can overcome and eliminate anxiety.

Changing your view of anxiety. Well-meaning friends and family members keep dismissing anxiety as something that is just in our heads. This thought over time either makes us doubt what we feel or view anxiety as something not experienced by other people, an evil destructive emotion that we experience alone. Maybe the simplest way of changing our view on anxiety is by embracing it as an emotion experienced by everyone, not

in their mind, but in the real sense, but in different magnitudes. Also, in changing your view on anxiety, it is worth noting that anxiety, like every other emotion, is purposeful. With this in mind, you are able to extract the good in anxiety, since looking for the good in each situation goes a long way in helping us build resistance, cope, thrive and be resilient in that situation. Some of the benefits that we should look into leaping from anxiety include; anxiety as a body's feedback mechanism. Just like sweating happens when it is too hot in the room we are in, anxiety occurs when there is something in our life that is out of balance. Therefore, instead of looking at it as a negative emotion that should be overcome, we can appreciate it as an indicator that points us back to balance. Also, anxiety can teach us innumerable lessons about ourselves and others; for example, it could remind us of the essence of healthy eating, maintaining life balance, or the essence of rest. Another benefit that we could derive from a changed mindset on anxiety is that it makes us more emphatic, since all around us as we try to run our day-to-day businesses, we are surrounded by colleagues, friends, family members who have anxiety. Therefore, having experienced it yourself can be a good enabler to help others who have it.

Allowing yourself to experience the anxiety without dying inside with the need to get rid of it is another way that helps overcome anxiety. It has been said that often, what we try to resist will persist, but what we accept can ultimately change. This thought is also true for anxiety. Allowing anxiety to flow also enlarges the possibility that anxiety will cease being something that makes you a nuisance, but rather, you get comfortable with the uncomfortable and ultimately transform the anxiety into something more meaningful.

Paradoxical intention also helps in getting rid of anxiety. This is where one reinterprets a stimulus, intending to change how they experience it. For instance, with panic, we can reinterpret it by welcoming it so that we won't perceive it as displeasing, or undesirable but instead, we can view it as helpful and this will overall change how we experience it.

Identifying what causes us to worry can help overcome our anxieties. A highly recommended way to get the worries out of your head would be to write them down on paper. From there, you could go on to list those that are helpful and have the potential to keep you out of danger and those that

are bad worries and they lead to no life’s solution. Try to find ways to change what you can and leave what you can’t. In conclusion, remember, you cannot control everything, therefore, it is helpful to embrace some degree of uncertainty.

Chapter 4: Negative and Positive Emotions

The Development and Triggers of Negative and Positive Emotions

Positive emotions are the feelings that we sort of find some pleasure in experiencing. They are a form of responses to our external environment or our internal dialogue, which are a lot more complex than what we have seen them be all along with a simple sensation. On the other hand, negative emotions are not pleasurable to experience. Usually, these emotions are evoked in individuals as an instant response towards a person or an event that makes an individual unhappy. Whether an emotion is positive or negative is a very subjective issue, as it varies with the individual that is categorizing it. For example, some people categorize peace as a positive emotion, and mostly, they will wait until they can feel some peace so that they can go ahead and make an important decision. On the other hand, some people dread peace and believe that they experience a sense of calmness just before something really terrible happens. However, there are a few examples of conventionally agreed emotions in each category. Some of the prevalent positive emotions include; love, joy, awe, serenity, amusement, and contentment. On the list of negative emotions, some of the popular ones include; fear, anger, disgust, rage, and sadness.

Emotional development has been closely associated with the neural development of a person. The brain has been said to reach maximum maturity at the age of 25 according to neural scientists. However, they have also mentioned that this might vary from one person to the other. The prefrontal cortex is usually the last part of the brain to reach its maturity. This part usually carries out the major executive functions, which are inclusive of emotions. Most people at the age of 25, are fully aware of themselves; they know what they want and what their place is. The development of emotions can be subdivided into major groups; the basic emotions and the higher emotions.

The basic emotions are usually universal and one is born with them. Examples include; joy, anger, fear, and sadness. Everyone, whether an adult or a toddler, experiences these emotions at a point in their life. On

the other hand, higher emotions such as embarrassment, guilt, envy, and shame develop much later. These are a result of a person's brain learning how to be self-aware and self-conscious. In addition to neural development, both positive and negative emotions develop in union with the development of behavior, and usually, it emerges in both a cultural and a social context. Emotional development has further been classified into four phases which are entirely dependent on age. These phases include; infancy, toddlerhood and early childhood, middle and late childhood, and finally, adulthood.

At infancy, emotional expression plays a significant role in the transitioning period between complete dependency and independence. For example, an expression of interest in a certain thing promotes the cognitive development of the toddler as well as their eagerness to explore. Attachment and healthy relationships between the toddler and their caregivers, which is an essential part of a toddler's life, are usually developed through positive emotions such as joy. On the other hand, negative emotions for toddlers are communication tools; for example, the expression of sadness through crying will attract the needed help from the caregiver and some empathy. The temperament or emotional characteristic of a toddler is usually learned by their uniqueness in expressing particular emotions. Though it has been observed that there are some unintentional smiles by toddlers at birth, researchers have agreed that intentional smiling begins at or after six weeks. As a child grows to five and five months, now the emotional expressions become selective, for example, they will smile at familiar faces and their caregivers. In the second six months of their lives, toddlers at this point have immense growth in their memory capacity and at this point, their emotional expression is usually based on the context they find themselves in.

At the toddler phase of development, there is an immense development of the limbic circuit of the brain as well as the frontal lobes, this brings along self-awareness. At this phase also, the toddler is striving to get more independence, and as a result, anger and defiance become some of the commonly expressed emotions. Also, the toddler is in a position to distinguish themselves from other people, something that promotes a general moral understanding and empathetic behavior. As children proceed to preschool, they are now able to put a label on their emotions. The common thing for young children is that they start by distinguishing

happiness from the rest of the emotions and then begin distinguishing the rest of the negative emotions from each other. Children at this point are also able to read the emotions from the facial expressions, and with time, they are able to contextualize the situational causes of each emotion. Also, learning that one action receives different emotional responses from one child to another helps children learn and understand the subjectivity of emotions. At this phase, how embers of a family express their emotions and the peers that a child spends their time with have a significant effect on the regulation of emotions. For example, warm, open, and positive emotions between children and their parents will promote effective regulation of emotions in a child. On the other hand, if in the family context negative emotions are expressed regularly, with harshness, there is a huge likelihood that a child will develop dis-regulated emotions that are likely to develop into psychopathology. Appropriate activities with peers such as playing also play a significant role in developing emotional regulation in toddlers. Also, a child is able to expand their room for helping and emphatic behavior by engaging in these peer activities.

In middle and late childhood, self-awareness becomes stable in a child and predominantly, they are influenced by the child's emotional experience. At this point too, children have more understanding of their self-conscious emotions. In addition, children realize the ability of a single event or situation to spark multiple mixed emotions. In this phase, the child also picks up some rules of displaying emotion. For example, when they receive a gift that they don't quite fancy from a friend or a relative, they learn to put up a face of happiness. Also, there is an increased consideration of the consequences that may arise from their actions either on themselves or on other people. As a result, the use of display rules is intensified. The child's judgment also determines the extent to which they will make use of the emotional display rules. Suppressing negative emotions also is a significant part of this phase of development. Factors such as the gender of the child, the context, the recipient of a certain expression, and the child's cultural orientation also begin to have an impact on the child's emotional expression. In adulthood, one is fully aware of their emotional expressions, and in most cases, their triggers.

Emotional triggers are things or circumstances that set our emotions rolling. Both positive and negative emotions have triggers behind them which are subjective depending on the person in question. In most cases,

triggers depend on our personalities, our cultural or economic orientation, our past experiences, and our personal priorities. Understanding our emotional triggers is not only important in helping us manage our negative emotions but also in helping us take hold and enjoy the positive emotions.

Understanding different personality types help a long way in avoiding pulling out the emotional strings in other people and also in understanding our responses. For example, making fun of a sanguine for being overly visible at a party may result in making them angry or uncomfortable in expressing themselves, due to shame. Cultural inclinations can also act as triggers. For example, in a culture that advocates for togetherness and pulling together, trying to advocate for individualism may gear a lot of resentment among the members of such communities. The economic status of an individual or a community also can act as a trigger for either negative or positive emotions. For example, researchers have in the past realized that children from the middle class working for families and rich families have higher self-esteem compared to children from poor backgrounds. This has been associated with the harshness and emotional release that economically struggling parents express to their kids. For more economically able parents, can buy gifts that trigger their children's happiness, and also, they can enroll them into recreational programs that stimulate their positive emotions and allow meaningful peer interaction that allows emotional understanding and development.

Past experiences are major emotional triggers. Most people go through some painful experiences in the course of growing up. For most children, these experiences are unforgettable, as they are registered in their subconscious minds. An encounter with a similar experience when they are grown and can do something to shield themselves from such pain acts as an emotional trigger. In a nutshell, it's essential that someone is able to identify their emotional triggers as this will help them in making rational decisions on how to react to a certain situation, in a way that they won't regret later.

Setting the Mind to Enjoy Positive Emotions

When it comes to mastering our emotions, it is virtuous to remember that there is nothing good or bad in this life, but our thinking makes it look as we want it to be. Therefore, this is the greatest paradigm we live for, which is much opposite to what most people live away from when they get emotionally attached to something. In many cases, most people think that their internal feelings, moods, and events are dictated by external circumstances. So, when somebody says something negative or positive to you, and later when bad or good things happened, you are likely to link it to what the person said to you concerning the same event.

In our daily life activities such as business, job promotion, relationships, one is likely to link the external factors to what happened to them in the environments. All these are indisputable, and I tend to agree to some extent that all these expressions create the emotions that an individual is likely to feel. For instance, in most instances, complements are highly invited for one to feel good or to do away with negative emotions. Factually, when good things happen to you in life, you are likely to feel elevated and positive towards everything around you, but when negative things happened to you, you are prone to be devastated and face negative feelings directed to them.

According to ancient wise men and sages, the secret to life proven a thousand years concerning the emotional feelings and the wellbeing of people in a given geographical setting is that what is creating the emotion has nothing to do with the environment but your perception. It is how we think about the environment that creates the emotion and feelings we have towards the objects and the people around us. Fortunately, it is something within our control, and when mastered well, it can lead to a wonderful coexistence within our niche. The only thing lacking is that we normally let this norm control how we think, how we react, how we admit the negative implications brought by the emotions in our lives. It is no longer the environment that we live in that makes us be who we are today or what we do with our lives, but our perceptions and how we react. By doing so, we are likely to gain emotional mastery, which is the most beautiful and powerful thing in life since it guarantees a successful life devoid of struggling with internal problems that recurred daily. In this case, one is prone to live above the emotional difficulties derailing their lives.

Moreover, it is good to acknowledge the feelings and the implications of

the emotions that usually deterred many people from achieving their life objectives, thus eliminating them are more vicious than anything else. Perhaps, one might wonder why they keep on encountering a certain problem in their life and the in cording notch that they are the one to bear the consequences of their action, keep on dragging them back to such situations are unchangeable. It is good to remember that it is not the circumstances that stuck them in such situations, but their mental inclination.

However, it is the emotions on how we feel towards given stuff, situation, people, and all the things in our environment which determine who we are. How we interpret things around us matters a lot when it comes to emotional mastery and how we deal with consequences that are normally lacking until we involve our emotions. Also, in this case, we have to come up with a good mastery model for our emotions, which proves to be useful when putting it into practice. However, first, one has to stop judging what makes them feel frustrated, angry, loved, or accepted in a given group circle since it all has nothing to do with the external environment but ourselves.

For instance, one is likely to feel happy when they get promoted at work, which guarantees salary increment and a better lifestyle for family members. The fact is indisputable, and it is good to be appreciated at work because of the hard work and dedication put in work. Many people will take more action as required by the company to perfect their skills, which is not bad, but the same people you used to work with will remain reluctant and continue with their daily routine as usual which is abnormally likely to appeal to you since given another role such as a supervisor. Now that you have the authority over them, they will probably perceive you from another dimension that might not appeal to you thus inviting a negative emotional involvement. Undoubtedly, one tends to feel good about the promotion, which is natural and acceptable since it stemmed directly from the external circumstance that is filtered into our consciousness without our notice, thus leading to emotion. Based on the two contradicting circumstances, one tends to lure the result to fit the emotional requirements, not considering the other person’s feelings or take on the same matter. In this case, the loving, caring colleagues will tend to lure the former teammates to match their set objectives in order to retain the status, which might end up destroying the relationship between

the workmates thus blaming it on the environment.

The key to life is the interpretation that must be mastered to gain consciousness over what we filter into our brains and how we perceive things around us at all times. Be it the activities we undertake daily or the objects we interact with that determine our emotional intelligence. Care must be taken on how we feed our brains, what we hear or read rationally analyzed before consumption. By doing so, one is likely to be successful, happier, and also avoid a lot of emotional troubles which are likely to impact their lives negatively thus depriving them of economic prosperity and development. Without this fore mention of control, all I can guarantee you is that your life is going to be very miserable, and you are going to struggle, and you are not going to create the desired results you want in your life.

Everyone has a superpower mind that is likely to assign meaning with the mind and assign interpretations to external circumstances with the same notch. When a person does not apply such powers, we say that you do not have it when you abdicate that control to someone else or you tend to leave it in the hands of fate or whoever else then what happens is emotional turmoil. The turmoil is created by the randomness in your system, which is uncontrollable, and as a result, chaos is likely to erupt within yourself leading to undesirable results such as depression. The interpretation of our environment leads to thoughts, and the thoughts eventually lead to emotions that must be watched at all stages. It is the value we derived from the thoughts that create the emotion, and it has to be watched carefully because, in many instances, we tend to interpret things differently from the way they tend to be thus conditioning us in a certain way which is not desirable. The value and meaning to a given subject are assigned by our minds by the thoughts that we are thinking over a given period, and in many cases, these thoughts are unconscious and automatic, and so they will assign an automatic meaning like the promotion mean more money forgetting the responsibility which is ordained to it. Assumption results in more happiness, and when reality hits, you become depressed since you were not prepared from the start and it was not assigned in your mind.

On the other hand, people tend to accustom themselves to bad situations or

events that happen to them in the past. For instance, if you have been in a long-distance relationship, and your wife or husband cheated due to loneliness and long-distance challenges. When you break up, there is an inbuilt fear of long-distance relationships encoded in you, and you fear incurring the same emotional turmoil created by your ex, all you do is ruin it since you do not expect anything good out of it. Therefore, we tend to bring our past to determine the current emotion and how we perceive the wrong things. This is the filter of interpretation that we tend to put the current event based on the past one which in many cases was negative. Therefore, it is wise not to assign the negative value to every event interpreted in our minds to be undesirable based on the past encounter.

Naturally, the emotion is born from the redundant set of automatic, unconscious thoughts and behaviors acquired from the repetition of the habit. Our brain tends to reflect much on the past to interpret the current events unfolding in our eyes. When controlled well, one is likely to develop good emotional intelligence, thus creating a good mastery of their emotion thus leading a desirable lifestyle.

Chapter 5: Creating New Emotional Habits

We have all had about it!

Someone has been complaining lately about changing the intrigued emotional habit which has caused him much. However, to what extent can we keep on complaining without changing our ways of doing things? The question is, how long will it take a person to develop and implement new habits?

Pragmatically, the period of change drastically varies between individuals depending on the intensity of the subject and how it can influence their lives. The intensity of emotion apportioned to the matter in hand greatly influences the rate at which the change can be accelerated. Usually, people tend to prioritize the important things in their lives, leaving them less important issues to wait for a while. To begin acting on a particular issue, one needs to be attuned to it, bearing in hand the expected result to be positive. For instance, one can plan to get rid of bad habits that affect the surroundings to create a conducive environment for the companions. Till this becomes a serious issue like many people have been complaining about that bad habit is when he/she will take it seriously.

In many cases, when people start to gossip about the unpleasing habit and the news reaches the person in question is when they will take it acutely. No one likes to be an odd one out in a given group, the need for belonging binds, and everyone yearns for it. Therefore, taking the matter in hand and changing for the better is inevitable.

How we internalize new information we get from outside matters a lot. Many will choose to act on it immediately without weighing the consequences and implications that might be associated with it. Here is where emotional stability comes in handy, thus a person who can adjust appropriately may outwit the bait. Nevertheless, until you realize that what you are doing, how you react to the situations is inappropriate is when you can adjust well. Creating new emotional habits is a learning process, and mostly it depends on the experience and in-depth understanding of oneself.

Basically, we are concerned about how to develop an emotional habit and how long it takes to manifest. For a very long time, researchers have been faced with this issue, and it is high time we make it clear. According to methodology, and powerful techniques that have been employed to determine how long the new emotion can be created, accurate answers have not been reached. Moreover, it is like a recipe modified by each individual, since everyone has their way of doing things to achieve the same result. Personality differs and everyone has different emotional levels that must be considered different to achieve the desired result. What can insight one cannot appeal to another in many situations, thus having a clear understanding of the emotions is much notable?

Change is manifested within, and when it comes to creating a new emotional habit, one needs to make the decision. Deciding on the best way to behave and express your own emotion is a personal choice, and it depends on the determination to put on it by a person. If you decide not to be hungry by a mistake one makes, it is you who will restrain from correcting every slight mistake people make. The need to create a positive impact on people does not mean that every mistake they make must be corrected aggressively. Sometimes it all lies in the attention we give to the subject, how we intend to handle it and how we come out of it alive with no emotions attached. The decision we make matters a lot when it comes to creating new exciting emotional habits that make us live in harmony with others in society.

What Kind of Emotional Habit Do You Intend to Develop?

There are different emotions, and we cannot assume that everyone has the same desire or attune to a given emotional habit. Therefore, it is prudent to analyze different emotions and the influence these emotions can have on a person. At times, we become the subject of these emotions without realizing it, and the impact can be desirable or undesirable, depending on how we come through the situation. The choices we make, the perceptions we take, and the actions we take out of the choices we make matters a lot. In a given moment, it is these choices that determine how we feel and the

influence the emotion has on us. Different theories have been approved by scholars on the types of emotions we experience. These emotions include happiness, sadness, fear, disgust, anger, and surprise. The list was later expanded to emotions such as shame, pride, excitement, and embarrassment, which is usually common among individuals. Therefore, before creating a new emotional habit, one must focus on the most desirable emotion to adopt for their wellbeing in society.

Creating Happiness Emotions

Many people desire these kinds of emotions, and it has been associated with many aspects of life. Happiness has been the core value in the household where the family strives for it by all means. Moreover, it has always been associated with a pleasant emotional state characterized by joy, satisfaction, gratification, and well-being in the family or environment setting. In many cases, this kind of emotion is expressed through facial expressions where one can be perceived to be happy through smiling. Also, the feelings can be expressed through body language which is common among people. It has been considered as one of the basic human emotions treasured in the world, and attaining it has been an issue among many people. Therefore, one can visualize themselves as being happy and work towards achieving that to the end.

Conversely, people normally associate health and happiness, and that it has a crucial role in the mental and physical well-being of a person. The increased longevity and marital satisfaction have been linked to happiness emotion created in the family thus embracing it has been crucially adored by people.

Developing new emotional habit need focus and dedication. One has to focus all the energy on it and never allow an exception for not achieving the set goals and objectives. Excuses are the beginning of the downfall in such situations, and by the time one has to realize that there is nothing better than that, they dedicate their lives to it. Undesirable emotions like anger are powerful, and allowing such emotions to take over you is critically dangerous. The feelings of agitation, hostility, antagonism, and frustration are normally developed by people unknowingly, and when they take a better part of their lives, it becomes grievous.

Fear and Surprise Emotions

Fear can play an important role in someone's life, it is perceived to be more powerful, and when utilized well can become a good survival skill. The fight-or-flight response when one is faced with danger is common among many people, and the choice we make out of such situations can be developed. One can decide to be fearless and adopt such emotions of not fearing anything or he/she can develop a flight response. The muscle engagements and heart rate one developed when faced with danger can be regulated through intense practice and focus.

Moreover, the preparation can help one to effectively deal with threats and likely danger in the environment, which might lead to more danger. Considerably, some people are more sensitive to fear, depending on the situations faced by an individual. Fear is just an immediate reaction to a threat that is developed by a person in anticipation of the bad outcome of a given situation, and the triggered impulse is not always impressive. Usually, such feelings are developed in anticipation of danger, which triggers our emotions to act the way we act in such situations.

Concurrently, surprise is another emotion characterized by a physiological startle response out of unexpected situations. For instance, one can get surprised when you get home from school or work and get your friend has organized a birthday party at your place. Such emotions are unavoidable, and usually, light-hearted people tend to get affected. Have you ever had that someone got heart failure out of the surprise? Alternatively, someone was surprised by a certain situation, and he/she fainted and was rushed to the hospital? Such things do happen in society and how we prepare to tackle them plus the way we perceive them matters a lot.

Moreover, it can be comprised to affect human behavior in one way or the other, thus great consideration of its effect is necessary. Though people tend to regard the surprise event and the effect it has on people. It is important to anticipate its occurrence and effect. One should always resolve to persist in their brevity towards everything in life to avoid instances of surprise. These can be enhanced through repetition and dramatization of increasing the speed of encountering the emotion. Ultimately, one should reward himself/herself for adopting a new

emotional habit that is much desirable and rewarding.

Eliminating and Overcoming Negative Emotions

Eliminating and overcoming negative emotions is a problem that is prevalent among many people. Individuals are torn between stuffing these emotions and pretend they do not exist in a bid to control any fallout that results from these emotions. On the other end are people who feel like they should just act on these emotions and risk making things even worse. According to health specialists, stuffing of emotions is definitely not an option to consider because in doing so, your health will be at stake. On the other hand, acting on emotional impulse is not the wisest thing to do according to social geeks because most of these temperaments are temporary, and acting on them could lead one in regretting greatly once the emotion has subsided. There are better alternatives to these two.

Self-evaluation, when we are faced with a situation that arouses a certain negative emotion in us, the last thing most people do is stop and think about it. Looking within ourselves and carrying out an honest test on what could have caused us to get to that point we are at is a rare occurrence. In most people, the default reaction to situations or people that cause us to hurt is blaming, overreacting or, fear. However, stopping for a while to evaluate the situation will help you to come up objectively with the emotional trigger behind the whole feeling you are having. Taking some time to look into the situation also helps you in obtaining some benefits from the situation. Ideally, both negative and positive emotions are meant to be taken in and to benefit us. While we all enjoy the positive emotions, we in most cases miss out on the blessings of negative emotions by overreacting. The role of negative emotion is usually to help you identify the problem so that you can take corrective action and make the necessary changes. At times you will realize that the situation or the person you would have otherwise pointed fingers on is not the problem rather, your thoughts surrounding that event or your interpretation of an occurrence can change how we experience the event and can to some extent influence the feeling we have about it.

Make the necessary changes, in some cases, the things that cause us to experience negative emotions are within our control. For example, when one identifies an emotional trigger, they should act on it in order to ensure that in the future, it won't cause them the same pain. How this can be done is by practicing assertive communication. If, for example, working overtime is an inconvenience to you, instead of complaining or getting angry when asked to work for some extra hours by your boss, you could in a respectful way turn down the request. This helps a long way in creating and protecting your boundaries, something that will help in protecting you from the feeling of being trampled on by people. On another note, if you are having accumulated job stress, you could change this by using strategies that will help in relieving you. For example, you could avoid last-minute rushes, avoid piling workloads where possible, and taking short breaks in between work. A change in your cognitive structure can also help in changing your thought patterns, something that will help in eliminating and also overcoming negative emotions. For example, if every time someone asks for help from you, that makes you feel used, you could change your thinking pattern into seeing people as genuinely needing help and having the trust that you are better placed at helping them.

Look for an outlet, making the various changes in your life helps reduce the number of negative emotions that you experience. However, the truth is, the brokenness in the world all around us will prick your heart at a point. Meaning you will have to look for a place to channel your negative emotion once you begin feeling them. One of the healthy ways you can do this is by exercising regularly. This does not only serve as an emotional outlet, but also effectively lifts our emotions. Giving yourself regular introspection and meditation is also another way to channel your emotions. This allows you to feel the bad emotion without assuming any of it, float in every bad feeling of it, and watch it dissipate within the inner space that we have created. Intentionally looking for avenues where you can have ultimate fun and laugh is also another way to channel and overcome negative emotions. For example, if you enjoy riding a bike, doing a few miles when you are feeling overwhelmed by a certain negative emotion would help in overcoming it. In addition, watching a comedy or a show that you find really funny will help you laugh off a particular negative emotion.

Acceptance, negative emotions are not entirely detrimental. Some

examples of benefits obtained from negative emotions include; hard work, a virtue that at times is birthed by jealousy. A change of behavior in some cases has been seen to be bred by guilt. Therefore, in a bid to get rid of the negative emotions that we at times experience could have a negative effect on our emotional well-being. By accepting that negative emotions are a part of our natural environment and setting, we are able to build better compassion and by this, we better our relationship with ourselves and with others by understanding them when they are experiencing these emotions. This also eliminates the hustle that one has to go through in trying to eliminate or get rid of an emotion. By accepting, we are likely to develop a better way to respond to these emotions and also we are better placed to obtain the benefits of these emotions.

In conclusion, practicing gratitude is also very beneficial in helping us eliminate and overcome any negative emotions. Being thankful for the small and the big details of life changes our worldview and our overall perception of things. When we let people know that we appreciate them for being there for us or for doing XYZ things for us, we do not only benefit them as the recipients of the gratitude but we as givers also experience the benefits.

Chapter 6: The Power of Emotions

Emotions unite people. Everybody is an emotional being whether they show it or not, and we all want to feel a sense of belonging and identity. In an example of written stories, most people tend to read stories that drive emotions from within them, whether positive or negative emotions. In a case scenario where medical doctors have conducted critical surgery and its results are successful, most people if not all will invest their emotions in that story because there is a heroic character that represents what most people aspire to be. Emotions are part of our DNA and thus mainly the composition of a human being. When raw emotions are involved, even the most violent or even hard-hearted person comes into contact with them. Emotions inspire people to do what they do and attract other people in their deeds thus bringing unity amongst them.

Nobody can hide emotions successfully. People who walk around portraying a character of hard-headedness accompanied by a carefree attitude never succeed but end up having destroyed souls. These people who are good at hiding their raw emotions eventually are brought down by the very emotions. Once emotions are piled up in a person and especially negative emotions, they might end up depressed or develop some resentment towards their loved ones and the surrounding people.

Raw emotions dominate social media spaces. The most famous stories on social media are those that trigger emotions. People are most likely attracted to real stories that have real emotions. In a world where most of us are numb, emotional triggers are necessary because they offer us a platform to check in with reality.

Have you struggled with moving to the next level? Emotions will enable you to transit within the shortest period you would guess. Emotions get you to the core of what you do, thus enabling you to understand it better and do it exemplary. Let’s give an example of pain, for it to sell and for the owner of the art to attract many people, they need to instill emotions in their work. This will enable a client to understand the story that given art is narrating and also get to identify with the work. Adding emotions to our work attract, more clients, finances influence among other benefits. If

people seasoned their passions, desires, dreams, and vision with emotions, then winning will come automatically.

Emotions show us who we really are. Growing up, we always see a need to impress society and live up to their standards. There are certain expectations of the world has towards us and this is all we are geared towards. Once we've achieved all that, we realize it was not everything we needed and the mask we have been wearing all along falls off and raw emotions pop up. At this point, we begin showing our real emotions, and it is then that we discover who we really are. It's at this point when you express emotions of happiness, disappointment, frustration, sadness, or excitement, or even express them at once.

Emotions will drain you. Mostly when we as human beings are overwhelmed by emotions, we tend to get drained in all other areas of our lives. It is difficult for human beings to concentrate on other things, including their daily lives. We get our lives stuck and become less functional since our emotions are at stake.

Emotions have the power to force us to do things we would never do in real life. An example of a cheating spouse, if you found them red-handed in bed with the partner they are cheating with, you would find yourself killing one of them or both. This does not mean out as a person you are a murderer, but emotions took a better part of you and allowed you to act out of anguish.

Emotions have the power to make people do the impossible. Take a case scenario of a couple from different religious backgrounds deeply in love. They will go to the ends of the world to protect their love, even if that means denying their families and friends. Some even go to the extent of switching religions and denying their faith. Some people even move to a completely different part of the world just to start life afresh with their newfound love.

The primary emotion is called coercive. This is a situation where people will use emotions to force other people into doing things they are not comfortable with or they would never do without external control. An example is a political leader who would force people into a dictatorship by the use of threats, imprisonment, torture, or even death. The people of such a state will be under his control because their emotions have been filled with fear for the consequences once they rebel.

Emotions influence the benefits of power among people. In an example of political leaders, they might not necessarily use threat and dictatorship but would choose to use rewards for financial support among other incentives. The power behind benefit power is desire, where one's desire is met through emotional reinforcement. An example being a couple whose change in behavior of one person influences the attitude and the behavior of the other person, yet they have a lot of things to benefit from each other.

An emotion is a strong feeling—a feeling such as joy, sadness, fear, or anger that moves us. The experience makes you live, not just exist. It transforms our life from a series of plain tasteless events and facts into a living, breathing experience. Your feelings affect your brain, heart rhythms, entire body, energy, thoughts, and relations. When we are upset, it's usually hard to think clearly, behave properly and choose wisely, and regretting is an inevitable consequence. On the contrary, when you feel joyful, secure, cared for, and appreciated your heart rhythms become even and smooth. They send positive signals to the brain that starts to think clearly and make better decisions.

Academic intellect and technical proficiency are never enough to succeed. Emotional management (control) and effective interpersonal relationships have made the difference between success and failure. You have to learn to ride the waves of emotion instead of letting them knock you over.

You have three brains. The first brain drives your instincts, reflexes, and basic physical functions. It is there for your own survival. Your second brain drives your feelings and emotions. It is the inner guide to your likes and dislikes. It stores your memories and makes you learn from your past mistakes. It helps you recall the past; however, it can't foresee the future, calculate risks or consider the consequences of your actions which are the functions of your third brain. Your third brain is your brake, your problem solver, your friend that protects you against the emotional outburst and impulsive responses of your second brain.

You need to learn how to use the three harmoniously. Whenever you receive emotional triggers, pause and allow six seconds for your third brain to interfere. When you experience emotional trauma or pain, pause your third brain and allow your second brain to send you the message it wants you to receive. Your pain is not your enemy; it is your guiding system that tells you that something should be done, an action should be

taken, or a boundary should be set.

Although all thought influences Energy to some extent, emotions can be and very often are a very powerful influence over Universal Energy, and therefore what we attract into our individual physical reality we create based upon those thoughts or emotions. Thoughts charged with emotion can be very powerful indeed. Providing we remain fully aware of this fact, then we can either control or use emotions in our lives to a very powerful extent. We should always either immediately negate any negative emotions by the use of the will, or much better still, we should immediately transmute negative emotions to their opposite positive emotions as soon as we become aware of them. Again, we should always remain fully aware of our feelings, thoughts, and emotions at all times as a fundamental requirement for creating our own reality and controlling our own lives rather than simply being carried along with the flow, or being constantly under the influence of others.

It should be mentioned that this is a principle behind true alchemy. When most people think of alchemy or perhaps even in the context of the philosopher's stone, they are often thinking in terms of the transmutation of base metals such as lead into precious metals such as gold. This is of course quite possible due to the fact that everything in the Universe is ultimately Energy, and Energy is influenced by the mind. At a quantum potential level, therefore, there really is no reason whatsoever why Energy transiently comprising atoms of lead should not be transmuted to Energy comprising atoms of gold or indeed atoms of anything at all. True alchemy in its purest and original form is not about transmuting material things, about rather the evolution to the perfection of the human body, soul, and spirit where the "lead" of negative characteristics are transmuted to the "gold" of their corresponding positive characteristics, an ongoing process of perfection that continues along the path back to unity with The Source, The First Cause, God.

In business, following a passion is an extremely powerful way of attracting long-term wealth. More importantly, in the years to come such a person will be rightly filled with pride, fulfillment, and joy at having profoundly been of genuine service to his/her Brothers and Sisters of the Universe, having touched the lives and helped many people in the process. Passion is Energy, a very powerful Energy of emotion that will influence

the Energy of like-Minded people by the Law of Attraction. When a person is passionate about the product or service being offered, people who are equally passionate about the same subject will be attracted and will probably purchase the product with as much joy as you are selling it to them. This principle can be likened to two tuning forks separated by a distance. When one tuning fork is struck, the other tuning fork will resonate at the same frequency of vibration and will be attracted. If you consider yourself to be one of these tuning forks and your potential customer the other, both resonating at the same frequency of Energy and therefore vibration, it is simple to understand how the Law of Attraction operates in these situations. There is plenty of evidence of this on the Internet today whereby people are following a passion for providing goods and services. These people are sometimes making millions of dollars per year offering what might seem like very obscure goods and services, and all working from home with a single Website and no particular technical abilities or resources.

Emotions that fuel respect power are liking admiration, trust, and respect. With these, a leader does not have to necessarily manipulate people or use force on them since following his will and instructions will automatically be instilled on the subjects as a result of the emotions. They do not have to be subjected to dire consequences for them to follow. This kind of power functions only if communication on the incentives is not held between the person in power and the subjects. Instead of subtle and nonverbal communications should be adopted since it helps in generating raw emotions.

A renowned Kenyan social political and environmental activist who also happened to be the first African woman to win a Nobel Prize; Professor Wangari Maathai was passionate about her work. She went through really hard times trying to address the challenges that were faced by Kenyans politically and environmentally. She was very emotional and sort to do the right things according to her, even if maybe they were highly opposed by the ruling government. She offered herself as a sacrifice to ensure a better future for Kenyans, when most people wouldn’t see things from her perspective.

Harnessing the Power of Emotions

Many people face enormous challenges when it comes to dealing with their emotions. At one point we fail to understand the root cause of quarrels and fights we usually encounter in society. Normally, relationships can be challenging, since they are fueled by emotions. Therefore, to harness emotional power, one needs to be emotional intelligence, which is the basic ingredient for achieving the full potential. What I meant by being intelligent is that it creates the awareness of own emotions and that of the others within the environment.

In many instances, the “emotional dwarf people” let us use that word for illustration, will always tend to be more emotionally engrossed in their feelings. Furthermore, the need to be emotionally intelligent is more critical, and the capability of managing one’s feelings and emotions is admirable. Being rational and knowing how to understand other people’s feelings is required for one to be emotionally intelligent, thus improving the emotional power. Through that, one can improve relationship value elevated by proper communication and understanding people around. These can be harnessed by nurturing the connection created by the emotions between the parties involved and society.

The Basic Concepts for Harnessing Emotional Power

According to research, it raveled that emotional quotient is much focal and more necessary than the intelligence quotient when it comes to a leadership role. The accentuated findings have much influence on modern society’s dealings and relationships. Logically, threshold competence is much based on the intelligence quotient of a person than the emotional prowess. It has been established by scholars that emotional intelligence and awareness play a major role when dealing with people in society. Since it is more powerful when it comes to our daily interactions and relationships. From a leadership perspective, it is termed as the driving force behind society influencers like politicians, researchers, and philosophers.

Parenthetically, leaders can harness their emotional power well, thus enabling them to influence people. They have strong emotional

components necessary for self-awareness and understanding of other people's feelings when engaged. The self-awareness, self-control, and maturity harnessed by these leaders enable them to cope well with other people in society. Normally, many people do wonder why they can achieve much as compared to other professionals. By understanding this concept, one can build on their life and take the lessons as the stepping stones towards achieving greatness. In my view, making this concept accessible and understandable to uplift people's lives is my main concern.

What do we crave to understand by all these? The answer is here, and all you need to do is to keep on reading.

Foremost, one needs to have self-awareness in order to achieve the full power of our emotions. The ability to perceive the inner emotions through understanding our feelings and emotional pattern. The situation analysis process, which involves the typical triggers of our emotions, must be taken into account. Moreover, the challenges and the difficulties we face daily determine who we are and how we respond to different emotions. Secondly, self-management necessary for harnessing our emotional power must be put in place. It is how we react to different situations and difficulties we face. Good analysis and interpretation of such events are powerful when we need to harness our emotional power. Thirdly, the capacity of enhancing our social awareness enables us to read other people and understand them well. These abilities permit an individual to gauge the emotion of a person and know how they feel towards a certain object or event. Also, it abets one to see things from another person's perspective, thus enhancing better understanding. Lastly, the need for relationship management is essential when it comes to emotional intelligence, thus adorning more power on a person in how they reason. The awareness created in the relationship by understanding each other feelings is necessary for avoiding disputes in the relationship.

In many cases, mature individuals in the relationship tend to find less. This is achieved by creating a conducive atmosphere for both parties in the relationship which empowers them to live in peace. Relationship management is usually heightened through proper or effective communication among the partners.

Achieving Full Emotion Potential

Recognizing the emotional state is the initial step towards achieving our emotional power. The ability ensures that the emotions are in line with the reaction and the interpretations. Since one can ideally learn how to interpret the other person's feelings, the other person will usually notice every slight change in emotion and take corrective measures. Realizing how you react when you are annoyed, and the outcome expected when such happens crucially affects the existing relationship. The body will give out the signs, and the corrective measures can be taken in time without affecting others. It is said that emotions are inborn and are not something beyond our control, thus mastering the art becomes easier sometimes.

However, letting the rational brain take part when emotions are present accelerates the control power of ourselves. Usually, many people tend to let their emotions take the better part of them when disrupted, which is normal but dangerous. It is advisable to involve the rational brain, and the rational analysis and interpretation should always overtake emotions. These will enrich our reasoning and enable us to come out of the mess without disrupting the existing relationship. Furthermore, the need to become a better reader of other people's emotional states saves relationships and bad feelings. Being curious and observant plays a major role in this concept, since one can interpret the feelings. Brushing the clues under the proverbial carpet should be avoided by all means to avoid misjudgment. Incorporating all the bits to fit the whole data is important when comprehending feelings and emotions. Nothing should be left to chance to avoid misinterpretation when making decisions on how to deal with the existing emotions by checking the assumptions and asking involved parties more questions to create empathy. Ultimately, acting on the unfolding assumptions ensures more emotional power and achievement of relationship stability.

Chapter 7: The Nature and Value of Emotions

The Nature of Emotions

Emotions are very complicated and this, therefore, renders it very hard to give a generalized theory on the nature of emotions. In the 20th century, psychologists experienced a very hard time trying to derive conventional meaning from emotions, due to their complexity. Emotions vary from really simple ones to overly complicated ones. If we were to generalize anything about emotions, then it would be that they involve an intersection between the mind and the body. Emotions are made up of four components that include; cognitive reactions, those that are physiological, others that are behavioral, and others that affect.

The cognitive reactions have everything to do with someone's memory, perception of something, and way of thinking. For example, if one sees a person with a gun tucked around his/her waist, different people will interpret that differently. For example, one person may interpret that to be a security person on patrol and give less attention to them. On the other hand, someone might think of the person with the gun as a threat to security by probably imagining that he/she could be an armed robber or a terrorist. In this case, the thought of the person as a threat will get displayed on someone's face in the form of fear. In this case, the facial expression is the effect.

Physiological reactions are usually brought about by a change in the hormonal composition of an individual as a result of an event or an imagination. An example is a change in the rate of your heartbeat. In our example of the man with a gun, if he starts walking towards you, you may realize that your heart rate changes. Then, there is the behavioral reaction, which in our case may be, you trying to run aw from the man. Another aspect of emotions is their changing nature. Usually, emotions do not last long, they keep changing depending on the environment we are in, our focus and so many other factors. Likened to the clouds, they keep moving.

Emotions are different from instincts. Over time, people have used these two terms interchangeably, but in their nature, they are two totally different things. Though they are both psychophysical processes, instincts are more of the physiological processes, while emotions are basically psychological. Emotions enable us to feel, while instincts are generally our tendency to lean towards action when there is a certain object in the environment we are in.

Emotions are usually accompanied by other physiological accompaniments. For example, a person who is usually afraid of animals may have a gasp of fear at the sight of a dog walker in the park. After the dog walker has passed, every other person walking their dog or the mere sight of squirrels will renew the surge of fear over the person. The person's perception would be blamed on the arousal from the sight of the first dog walker. Any further expression of fear and other arousals would be referred to as the motor reactions that a person is likely to show, they may include; the racing of the heart, sweating, breathing heavily, and many other different reactions. These reactions occur immediately, there are somewhat conditioned reflex actions that occur at the slightest perception of something likely to arouse our emotions. These reactions are usually essential and an integral part of who we are. Fear is a representation of all the other emotions that are strong and are given over to introspective observation.

For every organic reverberation that is birthed by the stimulus of emotion, it enters into consciousness and this gives the emotions its distinct coloring and it also distinguishes it from other forms of mental activities. In anger, for example, we often experience a disruption in our breathing pattern, our circulation, and some of our muscles, like those in our hands, often tense and get rigid. These movements of the muscles are usually involuntarily shown in the tone of consciousness, usually by the distinct modification. In grief, the muscular conditions and movement are completely opposite to those one experienced in fear. Though the reaction in a conscious mood is similarly inevitable, you will find that throughout one's system there will be a huge depression of the motor tonicity. In regard to these organic activities that cause them, we find that emotions are very complex.

In an emotional moment, our consciousness is usually absorbed in the

object that caused the emotion in the first place. In our bodily form, we find that we are not conscious of the organic activities happening inside of us. The body reaction and movement are usually something that we have little to no mental report that we can give about. When we are in the face of a certain emotion, we would imagine that consciousness comes forward as a form of control over the emotion. However, contrary to that assumption, you will find that consciousness is pushed backward, something that may last for a short while, or in some cases, it may go on indefinitely. Emotions in their very nature are an interruption of conscious action.

Emotions are able to generate an opponent's emotions. This is as proposed by the opponent-process theory. In most cases, when you are caught by a strong emotional reaction, an opposite reaction follows it closely. For example, anger is usually followed by stillness, or if you had let it burst, one begins regretting the outburst. This theory suggests that a single stimulus of emotion is usually followed automatically by another one that is directly opposite to it. In addition, it suggests that when an individual is continuously exposed to a particular stimulus, this continuous exposure weakens the initial reaction and in return, strengthens the opponent process.

Emotions naturally originate and gain their support from the brain, specifically the right hemisphere of the brain. This part of the brain supports every work of emotional processing. As a result, people who have their right cerebral hemisphere damaged usually have a hard time interpreting other people's emotions, interpreting different emotional tones in people and also, they are incapable of describing any emotional scene correctly. The right hemisphere is also the part that is responsible for the expression of emotions. Therefore, people with a damaged right brain have difficulties expressing what they feel.

Emotions are highly subjective. Different emotions are felt differently by different people and to a certain extent. Usually, emotions are an outward expression of what we feel inside. Their subjective nature hinders everyone else, regardless of how close they are to us, to experience what it is that we feel inside. However, we have the ability to recognize different emotions in different people and we are able to express our own emotions to different people either expressly or impliedly.

Emotions are interdependent on cognition. For a long time, people have attributed what we feel to what we think about. While this is correct, it is also true that our emotions affect our thinking. How this often works is that we perceive things differently and ultimately give our judgment, depending on how we feel. For example, in a case where someone's qualifications for a certain job are not clear, it has been observed that the interviewers will most likely give positive feedback if they are in a happy mood or if they are angered or sad; they are most likely to give some negative feedback about the candidate. In addition, our emotions have a massive impact on the way we process our emotions. Usually, when we are in a good mood, we are flexible enough and we allow ourselves to explore issues, hoping to come up with the most ideal solution. On the other hand, when we are caught, we are in a bad emotion, we see things as threatening, and we are consumed by the need to make the right decision in order to shield ourselves from danger. In this way, we are rigid and we opt for a more systematic and careful way of processing information.

Emotions are largely influenced by our cultural belief systems. Though the basic emotions are usually inborn as shown by visually impaired people from birth, they have never seen anyone smiling or frowning, but they express it in the same way as people who have a visual ability. However, most secondary emotions are learned and they vary across cultures. Some cultures have a say in emotions by how people from a certain cultural background are supposed to express their emotions. While in some places it is okay to vent and express anger, in other cultures, people are encouraged through reinforcement and teaching that they should harbor their anger. Other aspects of cultural settings, such as the emphasis put on coming together and caring for other people, also have a significant influence on the emotions of such people. A good example is an Asian culture that emphasizes mutual respect and coming together as compared to the western culture that has a lot of emphasis on individualism, something that allows emotional expression.

The Value of Emotions

Emotions are a major part of our behavior and our thinking too. It is the daily emotions that we experience that compel us to make life decisions,

whether major or minor. Emotions have three parts that include: the subjective part, which is the individuals' experiences of emotions, the way our bodies react to an emotion, and this forms the physiological component of emotions and finally, the way we respond to a certain emotion, which forms the expressive component of an emotion. These elements play different roles in the functions of emotion. When we embrace what we feel and avoid blaming it on other people or trying to numb our feelings, we are able to derive important life lessons and also we are better placed at managing our emotions. Whether an emotion is short-lived or lasts longer, they are valuable to human existence in several ways.

Emotions act as motivators and they can drive us into doing something that will ultimately benefit us. For example, if a gentleman feels a lot of love for a certain lady, that emotion can motivate him into asking the girl out and ultimately making a lifetime commitment to the girl. In this case, the emotion is the one that steered the man's desire to ask someone out, which is the action part of it. Also, in a case where one experiences a negative emotion such as anger, this emotion can act as a motivation to look for a way to channel the anger. In the process, you may end up familiarizing yourself with helpful life practices such as meditation, and there, form a habit of frequent meditation which will positively affect your overall life.

Emotions are survival mechanisms. Most primitive emotions such as disgust are very essential in keeping us away from danger, like in this case something that may be poisonous or not fit for human consumption. Also, emotions help us survive in a certain environment, for example in a case where we are fearful, it is likely that we will escape from what we deem as threatening. In addition, emotions help in the continuity of a species by allowing reproduction. When one feels love, the probable reaction to that emotion is to check out for a mate, and this gives room for reproduction.

Emotions serve as a communication agent. Most of the time, what we experience from the outside is a result of something that has either been ignored or given little to no attention on the inside. Therefore, when we experience emotions, especially the negative ones, we should pause and ask ourselves what the inner self is trying to communicate. This way, we are able to learn valuable life lessons, such as the need to rest, exercise, and eat healthy foods. Also, emotions may help in realigning our priorities

and our circles. For example, if after hanging out with a particular group of friends, all you feel is anger, resentment or you always feel picked on, then that is clear enough communication that you are in the wrong circle of friends. However, for your emotions to serve as faithful messengers, you have to always pay attention to them before dismissing them.

Emotions are essential in our decision-making processes. Whether you are making a choice of what to wear to work in the morning or you are looking into making an investment, emotions are an essential part of these processes. Neuroscientists have said that people whose right hemisphere of the brain is actively involved in emotions, is damaged, have a significantly reduced ability to make decisions. Though at times people dismiss emotions as not being a part of decision making and attribute good choices to logic, common sense, and the ability to be rational, the truth is, to a certain extent, emotions contribute to the decision made. However, when people rely purely on emotional impulses to make decisions, they may end up making really poor choices. This necessitates emotional intelligence in decision-making.

Emotions enhance good human interactions. This is because, through various expressions of emotions, we are able to better understand others, understand ourselves, and assist other people in understanding us. By expressing what we feel about a certain thing, situation or person, we give other people an avenue to respond to our needs. When needs are only known to us, it is ridiculous to expect other people to meet them. Therefore, emotions bridge the knowledge gap between different people's needs, thus allowing people to interact better and respect each other's boundaries. On the other hand, understanding other people's emotions, make puts us in a better position socially. This is because we are able to understand and interpret other people's emotions, thus responding appropriately, something that goes a long way in deepening our relationship with other people. In social settings, emotions enable us to deal with people of different temperaments.

Emotions play an important role in the morality of a society. The capacity of an individual to experience emotions stimulates empathy, simulation, and evaluation. Though there are gray areas of how people are able to tell which emotions are morally correct and which ones are not, simulations steps in to solve this problem. In a simulation, one is required to step into

the other person's shoes emotionally. By so doing, one is able to tell what is morally correct and what is inappropriate in terms of morality.

Emotions help in building personal values and identifying one's passions. When you constantly feel irritated by something, that may be an important point to begin drawing your boundaries and deriving your values. If, for example, you find curse words rather uncomfortable, then that's how you know how far you can go in a conversation and word usage. On the other hand, if you find that you are usually excited by a certain activity or going to a certain place, this can help you realize your passions and ultimately your purpose. For example, if you feel excited about beautiful portraits or beautiful pictures that you take using your phone camera, you may end up following that passion as start out a career in photography.

Emotions help with self-healing. Often, people have dismissed negative emotions such as pain and grief that one experiences when, for example, they lose their loved ones or they go through a tough divorce. However, allowing yourself to go through the pain and experience every ounce of ultimately leads to healing. As compared to ignoring the pain, embracing the emotions, we have both negative and positive works in healing our wounded souls. Also, a balanced emotional life allows us to feel the world around us and experience the moment. When we want to live an emotion-free life, we often find that we are losing contact with the world around us, and that way, we begin living like robots, something that is dangerous for human existence. It is our ability to feel negative emotions is that strengthens our ability to feel positive emotions as well.

Emotions allow us to connect with people on different levels. When, for example, you have had extreme anxiety, this is an emotion that is experienced by different people in our circles on different levels. Our colleagues at work, school, our family, and our friends may be experiencing anxiety. Our ability to relate to what they are talking about makes us connect and be helpful in their journey to freedom. In addition, when strangers realize that you also experience the same emotions as they do, they are likely to feel connected to you, something that may breed into a new friendship.

Emotions act as guard rails and as a compass. There are times when we do not know how far to go with a certain issue or a certain person; however, trusting our intuition helps us in knowing how to navigate a certain issue,

how to manage a certain friendship so that we can always be on track. Like a compass, there are times when our emotions will warn us against doing a certain thing. For example, when you want to go to a certain place and all of a sudden, you feel uneasy and anxious, there is a likelihood that things won't turn out as expected. Most people call this an inner voice or a personal angel. Also, in relating with people, the emotions we feel towards them make us decide whether we want to trust them.

Emotions give life meaning. Have you ever imagined a world without love, happiness, or any form of feeling? The void in such a world is so explicit even in our imaginations. Emotions give the world some color, some humor, and some meaning. It is our ability to feel that makes life more meaningful. If there were no emotions, achievement and failure would all be the same because there would be nothing to mark any level of achievement or failure whatsoever. Emotions allow us to have some differences with a robot, no one wants to walk around like a rolling stone.

Chapter 8: Spirituality for Managing Anger and Destructive Emotions

Anger is not a comforting feeling. In spiritual situations, it may be the most disgusting emotional state. We often have the message that our methods can get rid of anger, that we should be able to turn it into nice and pure empathy. What if from another point of perspective, we viewed anger not as an adversary, but as a valued friend?

In his wonderful book Spiritual Bypassing, psychotherapist Robert Augustus Masters defined anger as, “A primordial mental state that serves to maintain our frontiers.” It is an indication that something is not right, that something is crossed a frontier, or that a need is not met. Nor is it always about our traits; anger is the reaction to repression.

Anger is an emotion like any other, and we feel as well as sorrow and happiness. In fact, we have the “right” to feel any emotion like we do with starvation or thirst. We’re not choosing what to feel; we feel what to feel. What we do with emotions is our decision.

Masters describes that many religious traditions insist that we turn our anger to mercy, suggesting that anger is not “spiritual.” This concept mistakes anger with an aggressive emotion as opposed to what is truly accomplished by anger. Indeed, anger can be an expression of compassion, a desire to maintain sacred limits or stand for someone oppressed. There can be complete compassion and rage.

Anger is not an action, although it may be an urge to do something and do it quickly. Irritation can assist us to overcome fear to act. So how do we understand what to do?

We have to slow down first. We’ve got to be silent. This is unbelievably difficult. There are two kinds of anger in my experience: righteous anger is very calm and grounded and knows precisely what to do. It’s very uncommon, too. Anxious anger, which is characterized by confusion, fidgetiness, and impatience for actions, is much more prevalent. This is generally because anxiety is mixed with fear or hurt (or both), and the anger is attempting to discover a way out of that sensation. Sitting still

gives leeway to these other feelings.

Therefore, we must sit still. We have to listen to the anger message, even if it only indicates that something is not right. We must offer it the opportunity to speak to us, to speak to it, and even to ask questions. What limit has been passed? Right now, what requirements can we meet? Can we be frank with compassion for the view of the other person about these requirements?

Anger may quickly blame someone else for the actions that triggered it. But if we can slow down enough to see which borders have been crossed, with compassion for ourselves and others we can see the scenario more differently.

In the perspective of the Masters, spirituality does not mean finding methods of avoiding or eradicating our emotions. Her work is deeply emotional and we can look at what is going on at the core of it and be honest about it and take care of ourselves and of each other as much as we can. It’s not the way to reject our feelings. It is about hearing the messages of the core carefully and respecting them, particularly if they are uneasy. This is where we discover the anger nectar.

Even though anger was always part of the human situation. Modern society seems more than ever to offer us the chance for irritation and anger. Traffic, constant negativism in the media, and instant interaction that gives us a chance to react to each other before we have had the chance to reflect. Our era is wrathful, and queer individuals face continued injustice and ignorance every day, providing an even greater chance for anger.

So how is the spirituality-anger connection? Are they contrary or enemies? Can anger serve spiritual life for a helpful purpose?

In knowing this strong emotion, spiritual traditions can help us. There is ambivalence over rage that is acknowledged by its strength, inevitability, and prospective usefulness. But, be warned of the spiritual risk that may be intrinsic.

From a Buddhist point of view, anger is often linked to greed and attachment and is possibly damaging. While anger can be a source of sacred wisdom, it has the potential to fall into hate or aggression. “It is not to be repressed, but to be approached with a conscience,” said the Dalai Lama His Holiness, “we can view the subconscious anger in terms of an

absence of consciousness and active misunderstanding of the truth." We have the seed of rage, as with other emotions; someone else can't "make" us angry. The right answer to anger is kindness and disconnection.

In Christian tradition, this ambivalence over rage can be seen. Jesus has often been angry as a reaction to selfishness and injustice. But the Christian tradition also teaches that anger has the ability to fix and distract ourselves from our relation to others and God. It's simple to think that much of what is accomplished in His name by the western culture of the 21st century would piss Him off. A Christian perception of anger seems to be asking "Is my angry answer bringing me nearer to the Divine and My Community?" Wicca recognizes anger as a powerful force, a kind of magic, and focuses on results. What we concentrate on generates our reality and changes. In addition, the world represents what we send in. It can cause wrath to cause a curse that changes who we are on the globe and who we are in ourselves.

Anger about wrongdoing is a good spiritual reaction. The wrath enables us to see the incorrect things and can encourage action to alter the world positively. Such an answer produces a blessing, not a curse.

But anger can also represent our injury or separation and intensify it. It introduces a temptation of self-righteousness and self-justification, which distinguishes us from each other, from the globe, and the best of ourselves. Such anger has more to do with the ego than with the spirit. It isolates us. Its energy can render it dependent, and when they are really, really upset, some individuals feel most alive. For marginalized people like the queer community, that is a core issue. We can be so much angry about this that we have been like the bumper sticker that reads, "When you're not scared, you don't pay attention." Too frequently, the homosexual community has turned its rage on itself by assaulting and devouring leaders. This forces only our anger from the underworld. Identified, anger can be treated in good ways that make us feel empowered, understood, secure, and linked by others. These are characteristics of spiritual health.

Spirituality for Handling Anger

Like any emotion, anger serves a purpose, usually warning that we suffer some type of trouble. This is essential since anger can also lead us to

tackle our fundamental requirements, wishes, and perceived threats, even if it may be mentally and physically uncomfortable. The anger can lead to war, social isolation, job issues, drug abuse, anxiety, shame, and even prison if left unprocessed.

Anatomy of Anger

Not everybody expresses anger by punching others or being too aggressive. Some express passive anger or turn their wrath against themselves; others reject it or grow silent and withdraw from others. None of these responses are healthy. But since many of us are predisposed to anger; whether due to our biology, to our previous treatment of others, or because of what families, partners, friends, and even the media have observed, we may not have learned other methods of dealing with it.

Anger generally starts with a stimulating case that challenges your harmony and well-being internally. It may or may not be linked to the behavior of another person because it may also be linked to conditions like a sudden disease. A trigger can require a single adverse event or a combination of occurrences affecting your mood. Or even an imaginary trigger can be built upon something that you expect to happen in the future.

Regardless of the trigger, how you react to it is the outcome of a range of expectations about how individuals are to act or how life is to be done. You may, for instance, feel that your friends always have to be there to assist you, or that the consequences of aging should never be felt. If you have such expectations, joint pain due to arthritis or the unavailability of friends can easily trigger anger and angry reactions.

Anger can be caused also by the way a triggering event is assessed. You might believe that this event has a greater, more general significance, such as; your spouse comes home late because of the traffic jams and you view that as disrespectful and uncaring. Being more conscious of your thinking procedures here can assist prevent you from losing your thoughts and misunderstanding your spouses’ actions.

Anger is generally a response against other discomforts, such as hurt, deception, sorrow, anxiety, embarrassment, and shame, underneath the surface. Even if these uneasy feelings are not recognized right now, they

may still be there.

Sadly, too many individuals tend to want to escape these sensations before they get them completely, and that is where attention comes in.

Healthy anger management that avoids destruction is about self-reflection, using a skill from three wide fields of knowledge and practice: consciousness and awareness meditation, self-compassion, and self-awareness.

How can this be of assistance? Meditation of thought and awareness help you to look at your own experiences without responding or being overwhelmed. Practicing awareness and meditation can assist you to understand that your ideas, emotions, and physical responses are only temporary rather than resolved. This allows you to decide more freely on how to respond to them.

For instance, you can say to yourself in a time of wrath, through awareness and acceptance of your experience in every moment; “This is a feeling that I am living right now, “which created the impression that you are the beholder and the power. You can consider what decisions you have in response to anger through this consciousness. It also can help you to accept your thoughts and feelings more, so you don’t have to drive them away.

This is supported by research that demonstrates the relationship between awareness and the capacity to distinguish between distinct feelings. This grants you the capacity to better control adverse feelings. Daphne Davis and Jeffrey Hayes from Pennsylvania State University, who reviewed their studies in 2011, discovered that “thoughtfulness predicts relationship satisfaction, capacity to react constructively to the pressure of relationships, capacity to identify and convey feelings, conflict, negative behavior and empathy” It does not represent self-pity or self-indulgence, but a good self-assertion. Exercising self-pity enables you to acknowledge the indignation that must be resolved as a sign of fundamental pain. It can also assist you to assess your feelings less harshly and to ease frustration.

Research by scientists in self-compassion like Kristen Neff has shown that self-compassion boosts emotional resilience and stability and reduces adverse self-assessments, defense, and the need to see oneself better than others. In many research on self-compassion scientists discovered that “individuals with a high level of self-compassion seem to view adverse

occurrences in a way that reduces their effect" and that "self-compassionate" respondents had ideas that were more self-reliant than those with a low level of self-compassion. All this gives the impression that anger is decreasing.

When applied together, awareness and compassion are a means of "reducing anger reactions, strengthening independence, promoting emotionality, enhancing the knowledge of our hurt's historical sources, and providing guidance for secure, efficient interaction."

There are other abilities of self-awareness that assist us to examine our experience profoundly and to improve our ability for good cold. For instance, I often ask customers to complete a register of angry experiences (once quieter) to put them into contact with the kinds of circumstances that rage, the sensations, and ideas that precede and follow an event that triggers them. The anger register can help you change the course of the wrath by telling you where you are standing.

You may learn how to be more sympathetic about yourself and others by examining your ideas and being open to fresh ways of thinking and understanding your personal history and feelings.

Healthier Anger

Of course, one of the difficulties of decreasing unhealthy anger is that anger can feel good at times. Anger can make you feel alive and energized with a cortisol rush. It can also prevent you from taking accountability for your choices, as wrath is a way to blame others for your pain. Moreover, anger can offer you what you want momentarily, enabling others to feel distracted or endangered and thus take control of the pain and threats.

However, it is probable that a person who frequently falls victim to your anger can become less supportive and may withdraw, which makes you more isolated and vulnerable. Feeling rage will drain your body and health, your working life, and daily interactions with people.

If we are committed to seeking healthy expressions of anger, we serve ourselves and others greatly. Carefulness, empathy, and self-awareness can lead us to higher empathy and happiness for those around us. Some disciplines may require looking closely at the rage, and reversals can

occur along with the manner. However, at last, it leads to a better and more genuine life to understand and to manage anger.

Chapter 9: Choosing Creative Emotions

Emotions are powerful, and it habitually determines how an individual interacts with people and the feedback they tend to get out of it. Usually, people incline to let their moods take control of them. Ever wonder why people sometimes say something which they later regret out of anger. These happen often, and sometimes it is beyond our control. Therefore, to become mentally stronger, one needs to gain control over their emotions and how they handle issues through a regulated mood pattern. This kind of skill is more fundamental and the need to trigger a positive impact on the concerned party is necessary. Moreover, managing your emotions requires mastery which will link it to inner feelings, which hence determine the inclination towards creative emotion desired by everybody.

Indubitably, everyone has the power to control their emotions and lure them towards a productive gain by good management on their part. In most cases, people tend to confuse emotion suppression and management, which is different. For instance, ignoring negative emotions like sadness and anxiety does not make them go away or managed. In fact, it gets worse over time by ignoring the current emotions experienced by an individual. Here is where the suppression of emotions comes into play, and all it does to a person is that it leads to unhealthy behaviors such as alcoholism and drug addiction. Therefore, it is imperative to concede the feeling one has towards a given subject and the impact caused by the resultant emotion. When not monitored in time and measures taken, it may derail their emotions in silence.

Furthermore, individual judgment is respected since it is normally a personal lifestyle that is affected, but a helping hand is inevitable to a brother or sister in need. Hence, when addressed earlier, the remedy can be found within the required period. Though all these can be controlled within oneself, creating desirable emotions is still a choice. Besides, choosing creative emotion requires some skills and evaluation of the circumstances within the environment.

Emphatically, before one could change the way they feel, acceptance of the feelings is much important. Just like acknowledging sickness or any other

shortcoming in life, conceding the fact that the feeling is affecting you is much important. It is said that accepting the situation and sharing is halfway towards achieving a full solution to it. Therefore, accepting whether you are nervous, disappointed, or sad is crucial in this case. One should keep in mind that emotion usually masks our judgments, and to some extent, it can lead to undesirable consequences, thus impacting our lives negatively. For instance, conceiving certain impact of event implications through wrong evaluation and consideration can result in embarrassment and shame if not handled well. To avoid all these implications, one needs to track the kind of data or raw information absorbed before the actual reaction towards that matter. Better keep quiet to internalize the information given or received from a certain source before reacting. It is called oneself respect and avoiding defame, which may erupt out of the emotional reaction out of a situation.

Moreover, the best reaction normally takes time to mature, thus involving emotional intelligence, which is highly recommended and desired by many. To understand the likely creative emotion, one needs to keep in mind that at one point, there might be a mix of feelings that is normal to everyone under the sun. For instance, mixed feelings of frustration, anxiousness, and impatience are much more common. However, good understanding and acknowledgment of their existence are much better than anything else when it comes to creative emotions. Besides, the labeling of the emotions and turning them towards positive results help one to reason right with facts when involved in an argument.

Additionally, emotions are likely to affect the way an individual perceives events in the environment. Being conscious is focal in some instances, involving likely emotional turmoil faced in daily endeavors. For instance, one may tend to feel happy when he/she gets an email from the boss. You may perceive the mail to be about the promotion you have been waiting for over a long period. The feelings of promotion and getting a new position ordained to you with salary increments elevate your moods.

On the other hand, you may perceive the mail to be negative concerning the rumors going around about your company’s intended layoff. In this case, you are likely to think of losing the job, the fear of being jobless crowds your mind. In one way or the other, you are the one to determine how one feels through the right thing to do is to unravel the email and deal

with the content facts. By doing so, you will save oneself the emotional derail from the unsolicited expectation basing your judgment on the past.

The focus you accord a given event matters a lot. These can be aligned through the emotional filter one uses when encountered by an event. To achieve much out of a situation that involves emotion, all you need is to develop a more realistic view of that aspect in question for good analysis. It is up to you to get the best out of a given situation and not the bystander's concern about what happens to you. What people will think of you is none of their business; all one needs to do is to get the best out of the situation by involving the best thoughts. In this life, it is what you think which determines what one becomes and never allows people to judge you basing on the failures or current events. It is normal, but how you get out of it matters a lot since it determines the emotional intelligence in you. All we look at is the result and not how it is achieved; thus, engaging creative emotions is crucial in every event in life. Sometimes, it is prudent to step back and ask yourself if one is making the right decision. This will save you time and energy when it comes to undesirable results that may further ruin an emotion. If by any chance one finds themselves much involve in the negative perspective of a given event. It is high time to let go and focus on the productive part of it which may help one to elevate positive feelings. The feelings will ensure that the choice made is welcomed and highly applicable.

Choosing creative emotions has much to do with the moods, which later determine the kind of emotions involved. For this reason, one has to focus on the various mood boosters to create more desirable emotions. Foremost, all one needs is to call a friend and engage him/her in a pleasant event discussion that uplifts. In this case, complaining about what did not go well during that event should be avoided by all means. By doing so, both parties are likely to enjoy the conversation, thus creating a positive emotional attachment that is desirable and valuable. A friend is someone one calls always and pours their heart into and with a pleasant conversation, all the negative emotions will fade away. Secondly, to boost the mood, take a walk alone. These will give a person humble time to refocus life in the right direction thus elevating the moods and emotions that help one to be more productive; you are likely to think on the best way to handle a given task that has been challenged over time. They say that the mind works best when you ask questions without the destruction

of other people. Having time alone creates chances of establishing more emotional intelligence necessary for a normal person. Since a person is judged by the way they reason out and not how they dress or appear. Thirdly, meditation for a few minutes enables one to establish creative emotions and good moods. The ancients and sages recommend meditations a lot. Maybe it is the root cause of many discoveries in the world many years ago. These appeal to me more so when am alone in the park. Meditation for even 20 minutes is much important for the brain.

Since the brain normally works as the central processing system of a computer, cooling it down through meditation makes it work better. By doing so, one tends to get much recovery from misjudgment and can correct the missteps in time. Lastly, listening to uplifting music is crucial for mood-boosting. The music harmonizes the feelings towards achieving the right result—the mental association made by the music uplift the moods to match the recommended emotions. Ever wonder why certain music makes people happy, and some make them sad. It is the mental association with the event made by the music. It may be a time of the event, occurrence, or place in which a certain event occurred. Therefore, selecting the right music is imperative.

Ultimately, there are better ways one can express their emotions without hurting the next party. All we need to understand is the concept under which the unravel virtue works best to optimize it. The practice involves creativity, which must be calculated to achieve the required result necessary for its success. In many cases, it may involve handling someone else’s feelings in a certain way that does not hurt their feelings further. For instance, a friend is experiencing some problems, and you are needed to console him/her. How will one handle such a situation? What will be the first step towards comforting him/her when both are experiencing the same problem? Holding back the feelings that come in hand in such situations to save the reputation and help a friend, one may seem to be much superior, but what they feel inside is unknown. That is the prudent thing to do. Making oneself imaginary in such events helps them to save face and makes them dependable to a friend in need. These can be demonstrated well by parents and children when faced with a problem. Children tend to look up to parents to solve the problem, depicting that the parents are in a better position to do that than them. No parent will cry in front of the children, no matter the problem he/she faces in life. These

demonstrate how strong he/she may tend to be assuming the impact and intensity of the problems encountered.

At a certain level, one needs to learn how to change their moods to fit the situation. In many cases, people are advised to shift their moods from being negative to positive. In many years, I have never had anyone advising anybody to shift their moods from positive to negative. We stand to be corrected and if there is any, may be in hell since that is the only place I have never been there. Otherwise, it is recommended to change for the better, thus devoid oneself of the worst feelings associated with the negative moods and attitude. To create good emotions, one should try by all means to engage in things that make them happy always and neglect what makes one feel miserable. By doing so, people tend to be attracting positive feelings and good things into their life.

In fact, the happiest people in the world are always positive in life, and they enjoy it most since they are not prone to complaints. Therefore, focusing on the right attitude and mood is essential for healthy living. Since positive feelings create a sense of happiness, having positive feelings build on the right emotions is mandatory and recommendable to everyone desiring a good life. It is not easy to achieve considering many factors and challenges involved in the process. However, with the right mental attitude, one is likely to achieve the best out of the underlying feelings, whether positive or negative. It all lies deep within an individual and not the environment. Moreover, it is a matter of choice, the kind of life one chooses to live is entirely determined by the choices towards how we feel concerning the events.

Conclusion

Thank you for making it through to the end of Master Your Emotions, let’s hope it was informative and able to provide you with all the tools you need to achieve your goals, whatever they may be.

Emotions determine our decisions and how we lead our lives. No matter how much we try to reason from a logical point of view, our emotions always influence our decisions and actions, whether big or small. Therefore, the heart and the head must work together in order to build a life of purpose and peace. Though some emotions like the fight and flight

response are designed to keep up with danger, emotions are not always trustworthy. As such, a misunderstanding of the cause of our emotions and our inability to master them often gets in the way of achieving a life of purpose we yearn for.

The main goal of mastering your emotions is to ensure that you have the ability to decrypt the emotions, what they mean, and how they affect your behavior. This ensures that you gain control over your actions and, most notably, you become less aggressive and accommodate other people. Negativity and poor emotional coping techniques can ruin your ability to accomplish life goals be causing irreversible turmoil. Therefore, as explained in this book, it is important for everyone to develop and embrace good emotional coping techniques that foster positivity and trigger progress in life. For instance, it is okay to take a break from everything in order to clear your mind, meditate, and reason rationally, especially when you have to make a major and life-changing decision.

True emotional mastery originates from the practice and dedication to achieve better. Changing how you react to different situations and eventually having the power to control your emotions and feelings takes a lot of work and time than you can imagine. However, once you remain focused and dedicated to achieving emotional mastery, you become happier and lead a more peaceful life that is not governed by what other people think about, their moods, and the environmental factors that alter your emotions. A few ways of getting rid of negative emotions and feelings include; laughing more, meditation, reading books, watching movies, listening to music, working towards addressing stress triggers, embracing positive thinking and physical touch like a hug from a loved one.

Organizing your emotions ensures that you place them in a context where you figure out where they come from, whether they serve you positively or negatively, as well as what they communicate. Note that you can be extra cautious of your emotions are feelings, but just being aware of them does nothing to change your life and its eventualities. It all starts by listing all your emotions, feelings, and thoughts you have. Schedule your day to honor your different emotional and physical needs. For instance, if you burnt out it is okay to take a break from everything and recharge; if you have the financial muscle, a vacation is always therapeutic. The point is to

master your emotions and feelings and craft them accordingly to ensure that they support your long-term goals. A wrong emotional reaction can cost you your career or a life-changing opportunity!

The next step is to apply what you have learned about mastering your emotions.

Anxiety In Relationship

Introduction

Do you worry about the same thing happening over and over again?

Do you feel like no one can help you?

Do you find yourself dramatic or overdramatic?

Do you feel like the only person in the world that is feeling this way?

You're not alone. We all have days where we feel misunderstood, lonely, scared, and defeated. And when these thoughts come from deep inside, it's natural to think that no one else understands what we are going through. But as human beings - imperfect and vulnerable in many ways - we connect on a deep level with those around us who also feel this way at times. We may not always be able to understand each other's experiences or relate to their feelings but it helps just knowing someone cares and has felt the same thing too.

As humans, we have an instinct to seek out those who will truly understand us. We go through many phases of relationships in our lives, from the very long-term commitment which we call marriage to the one-night stand or even a fling that pleases us but not the potential for reoccurrence.

It's hard when you feel as though your partner has changed or gone through a difficult time and is leaving you behind to seek comfort elsewhere - especially if this person happens to be your spouse, lover, or family member. You find yourself questioning if the person you once trusted and loved is slowly becoming someone you no longer know, or even worse, someone that doesn't care for your feelings.

One of the many things you may be experiencing may be anxiety in a relationship. Anxiety in a relationship involves feeling as though you are not good enough for the other person or that they have lost interest in you, and it can cause a lot of strain on one's self-esteem. It can lead to lowered

self-confidence when it comes to coordinating or even maintaining a friendship with your partner. You begin to feel as though your significant other is no longer there for you - physically or emotionally - and therefore, this causes your anxiety to grow.

You're meeting new people, going on first dates, and navigating uncertain territory. The stakes are high as you get to know someone and figure out where it might go. But what happens when you start to worry about every little interaction?

Anxiety is something we all feel from time to time in our relationships. Sometimes it starts with an innocent "what if" question: What if we break up? What if they stop loving me?" These questions might seem silly, but they can grow into something bigger. You start thinking about the things that could happen instead of how things are now – which just makes your anxiety pick up from the inside and outside of your relationship.

Often, when things don't feel perfect or look perfect, we start to worry more. It's easy to feel like you need to check off every single box on your relationship checklist, but that's not a healthy place to be. You might ask yourself: What if I'm not good enough? What if they don't like me as much as I like them? What is going on? Is this normal? Am I going crazy?"

Being there for and with your partner is a huge part of healthy relationship health. And feeling like you need to do everything perfectly is not going to help you have a deeper, more satisfying relationship.

We tend to remember other people's good and bad experiences – how they made us feel or what they said about us.

Let your relationships be the food for your brain and heart, not a burden! Be honest in your relationships with yourself and others about what you're feeling. In one study of college students, researchers found that when students were able to express their anxieties and worries to their partners in an open way, they had more satisfying relationships.

If you notice anxiety coming up in something like a relationship or friendship, how can you handle it? First, notice how your mind is working – because when you know how certain things affect you, it's easier to change them up. When you're feeling worried, write down your thoughts, and then challenge them.

Next, ask yourself what you can do differently:

What's one thing I can say to my mate that would be kinder? How else could I help my friend? What's something I can do to show them how much they mean to me? What can I do for myself? Maybe there is a quiet place where I can take some deep breaths and check-in with myself. Or maybe it would feel good to call a friend and talk about the situation. Am I careful or careless with their feelings?

Asking yourself these questions will help you look at the situation in a new way. And remember to practice these things with yourself and others, too!

Chapter 1. What Is Relational Anxiety?

Anxiety is a real challenge as well as a mental health disorder, which can lead to a lot of other problems if not properly checked. However, everyone develops anxiety from time to time, and it only becomes an issue if it is severe.

Here are some questions that may run through your mind when you are too anxious in a relationship:

What if they don't love me as much as I love them?

What if they're lying to me?

What if they're cheating on me?

What if I'm not good enough in the future for them?

What if they find someone else more attractive?

What if their family doesn't love me?

What if they die?

What if we break up?

What if they bail out on me?

It is normal to have some of these thoughts, especially in a new relationship.

However, when thoughts like these come to your mind frequently, it might be a sign of anxiety issues or an anxiety disorder. The intensity with which you constantly ruminate over the questions listed above and other similar questions determine how far gone you are into an anxiety problem. It will also determine how insecure you are in your relationship.

These anxious thoughts are manifested in diverse physical ways and present as symptoms such as shortness of breath, insomnia, and anxiety or panic attacks. You may discover that whenever you think this way, you trigger a panic attack in which your heart may begin to beat fast, a hard lump forms in your chest, and you begin to shake all over your body. These are the physiological signs that you are suffering from an anxiety

disorder.

In some cases, these anxious thoughts encourage your partner to behave in ways that further stress you out and strain the relationship. This is because you are transparent enough to your partner that they can see you are very insecure. This gives them a manipulative edge over you, to twist and turn events in ways that normally should not mean a thing but will eventually hurt you and confirm one or two of the anxious beliefs you have.

For example, you are worried and anxious about being the first to initiate a conversation all the time. You become sick in your mind that your partner doesn't like you because they don't take the first step in communicating as often as you do. The anxiety builds up and gathers momentum, and you begin to believe they might never chat with you or call you up if you do not reach out first.

To address this anxiety, you decide it is a good idea to go mute on them for a while. This forces your partner to communicate with you, reaching out a few times until you feel reassured knowing they will make the effort. This evidence allows you to challenge your anxious, irrational belief that they will not reach out first. This, however, is not a healthy strategy. Dealing with the root cause of anxiety and regaining your confidence is the best way to overcome anxiety disorder and leave you with a free and joyful life.

Intimate relationships are emotionally intense. This is due to the closeness that you share with another person. Alas, that closeness makes you powerless at times and can lead to anxiety and insecurity. Anxiety is fear of the unknown, while insecurity is self-doubt and the absence of self-confidence.

You begin to see your partner's intentions or actions in a negative light; you view your partner as intimidating or critical.

Some symptoms of intense anxiety disorder can include:

A feeling of restlessness

Tensed muscles

Difficulty concentrating or remembering

Procrastinating or having trouble making decisions

Worry that leads to repeatedly asking for reassurance

Inability to get enough sleep and rest in as much as relationships are very beautiful and pleasurable, they can also breed anxious thoughts and feelings. These thoughts can arise at any stage of the relationship. If you aren't in a relationship yet, the thought of meeting the right person and being in a relationship can already generate anxiety for you, which you must deal with.

Insecurity is not being enough or feeling threatened in some way.

Most people believe that insecurity stems from the actions or inaction of their partners. The reality is that most insecurity comes from within you. You build insecurity when you negatively compare yourself to other people and judge yourself harshly with your inner critical voice. A lot of the insecurities in your relationship are based on irrational thoughts and fears that you are not good enough and that you are not capable of making someone else happy.

But these aren't true!

When you start to notice that uneasy feeling of being insecure, one thing you can do is to begin taking stock of your value. Insecurity makes you focus on something you feel is lacking within you. In most balanced relationships, each partner brings different strengths and qualities that complement each other.

Building your self-esteem is also crucial to surmounting any insecurity you face in your relationship.

You are complete within yourself and you must let your independence and self-worth shine brightly through your deeds and actions. When your wellbeing depends on someone else, you give them the key to your joy, and you empower them. This may be quite unhealthy for your partner to bear and certainly does not work well for a relationship. One way to build your self-confidence is to silence your inner critic and focus your mind and attention on positive qualities.

If before the relationship you were doing a great job of tending to your physical, mental, and emotional needs, this should not stop now just because you are in a relationship. You should maintain your independence and not allow yourself to turn into someone needy or attached. Being an independent person who has a life and identity outside of the relationship also makes you a more interesting and attractive partner. Your life must continue to move forward and make considerable progress when you are in

a relationship. Being in a relationship is not the final phase of your life, and you should continue to be driven and achieve more goals, which can further endear you to your partner.

Relational Anxiety in Psychology

Is a type of anxiety based on relationships? It's also known as relational distress or relational tension.

The main and most common cause for relational anxiety is the idea that you're not good enough for your partner or that you're unworthy of them, but it can also come from feeling like your partner is too good for you and maybe should be with someone better than yourself.

It can additionally come from feeling like the other person doesn't care about you (or even worse, hates you).

Relational anxiety is an anxiety disorder that includes degrees of unease, jitters, and fear when people are in a relationship. This type of anxiety does not arise from any physical symptoms or external factors, but rather from the seriousness of the relationship where a person's mental stability is often at stake. It can affect relationships with friends, family members, and even strangers for that matter.

Though there are many theories on what triggers relational anxiety, they all have their own merits as to why someone might experience it in a certain situation. Dr. Aaron Beck, a psychiatrist who specializes in this field of study has a very opinionated point of view of the four main causes for relational anxiety. He believes that people who suffer from this type of anxiety fear of abandonment, loss, and betrayal.

Relational Anxiety Between a Parent and Child

Children experience a limited form of anxiety when their parents are away or react differently to them than they do, which is called relational anxiety. This type of anxiety is common in children who have not yet developed the cognitive skills to understand that their parents will still love them and

be there for them even if they can't show it in the same way as when they are present. They usually get over this phase by age three or four, yet it can still happen later if their parent's behavior changes.

Relational Stress Toward Friends

The term relational stress is used when an individual experiences stress from their relationships with the people around them, be it, friends or family.

We all know that we experience emotional turmoil from time to time, and this is often a result of our emotions being heightened. However, if these feelings are not related to anything specific and instead just seem to occur at random, then it means that the individual may need to focus on themselves and their relationship with others more. Excessive relational stress is believed to be caused by the fact that we all need some level of support from other people to get through the difficult times; just being on our own can be difficult for some people. When this support is not available, as can often happen when we are younger, then it can cause us to suffer emotionally, even if this stress is not readily apparent.

Anxiety in the Stages of Life: Children, Adolescents, Adults (Including Father and Mother)

A child's anxiety stems from the demands of growing up and the uncertainty associated with it. For a father, the anxiety of his son can be a very big concern that is compounded by fear of losing this child. A mother's anxiety is concentrated on the future, which may mean they are more anxious than those who aren't pregnant (20-25 years after giving birth).

The main concerns for adolescents are changing their appearance, their social status, and their sexual identity.

Chapter 2. Anxiety in Couple Relationships: Attachment and Jealousy

When you experience anxiety, you experience an overactive response to fear; it causes you to focus on yourself and your problems. When this happens, your fears and worries can exude unneeded pressure on your relationship.

You feel that your anxiety is necessary to protect yourself and your best interests in the relationship when your anxiety is keeping you from being vulnerable and compassionate with your partner. If your partner shows signs of anxiety, you might react in selfish ways because you have built up resentments and fears.

Entering into a romantic relationship can often feel like you are playing some dangerous game with yourself; you risk being disappointed or even emotionally hurt when seeking companionship from other people. To begin and maintain a meaningful relationship will require you to display a certain amount of vulnerability. You may experience certain anxiety by merely pursuing a relationship because of its unknown and uncertain outcomes.

Anxiety in couple relationships is often caused by attachment, which is a powerful emotion that we as humans experience when we are separated from someone important to us. When you have attachment anxiety, there’s a feeling of vulnerability or fear of abandonment. It’s also typically brought on when the relationship has been going one way for too long and the partner is no longer meeting your needs.

Attachment anxiety can benefit from some self-awareness work and confronting your insecurities that may be causing your anxiety. If you’re a jealous person, that may be a sign of attachment anxiety. You need to find out if you’re jealous because you don’t trust your partner or because you feel insecure in the relationship. If it’s the former, then jealousy is an emotion that can be worked through with communication and a little self-examination. However, if jealousy is stemming from attachment anxiety, there are more serious problems that need to be confronted before jealousy

becomes a problem.

“Attachment relationships are characterized by the continuous longing for closeness and contact with another person and perceptions of threat when such closeness is not immediately available or when there is the uncertainty of the relationship’s continuity.”

Attachment styles are how individuals respond to their environment and the people around them. If a person has a secure attachment style, they’re comfortable being close to others and they believe that their partner is there spiritually for them. When people have an anxious attachment style, they desire constant closeness and affection from their significant other, but if there is any sort of interruption in closeness, they become anxious or angry. Anxious individuals also don’t like sharing their partner with anyone else and may get jealous when someone else gets affection.

Attachment anxiety can be displayed through jealousy while an individual is in a relationship with someone else. They may feel the need to check up on their partner and think that their partner is flirting with other people. This may disrupt the attachment bond between two individuals, which can lead to personal issues that may make it difficult for two people to be together.

“The obsessive preoccupation with monitoring one’s partners’ activities and being hyper-vigilant about potential threats to a relationship is associated with heightened distress.”

Jealousy is “a deep emotional feeling of wanting what your partner has, whether it’s a piece of clothing or a new friend. It’s when you get intensely obsessed with your partner’s interactions with others and can’t trust your own feelings because you don’t want to be rejected.” (Mayo Clinic Staff, 2017)

When jealousy is caused by attachment anxiety, it can create a lot of pain and stress in the relationship. The jealous person feels that their partner needs to love them more or doesn’t care about them as much as they should. The other person may not understand why their partner is acting this way because they aren’t doing anything wrong. Jealousy can cause self-esteem to go down and conflict in the relationship, which can make it hard for people who are experiencing anxiety in their relationship to bond back together.

“Jealousy is often caused by attachment anxiety, which is the need to

protect and preserve the security of one's relationship. People with attachment anxiety focus on separation and rejection cues from their partners, causing irrational concerns about separation from a loved one or partner." (Mayo Clinic Staff, 2017)

When someone's feeling insecure in their relationship, such as when they feel judged by their partner or having feelings of being inadequate compared to their partner, it could be because they're suffering from attachment anxiety. This can happen because anxious individuals have a hard time regulating their emotions and they lack self-confidence. They may also see their partner as their main source of self-esteem and if they don't feel like they're enough, that means they're not receiving enough attention from their significant other.

"Anxious individuals in a relationship have trouble interpreting partner behavior. They may be fearful about their partner's feelings for them, causing distress and compelling the anxious person to seek reassurance from their partner. The anxious individual may ask the partner for reassurance that he or she does not want to end the relationship."

Being able to identify attachment anxiety can help people learn how to cope with it and how to move forward in a positive way in their relationship. Attachment anxiety is a treatable disorder that can help people come out of their shells and become more independent, although it may be difficult to be less dependent on your significant other.

How to avoid anxiety in relationships?

Some people tend to be extremely anxious when in relationships. Some might find it difficult to get intimate with their partner, others might develop problems regulating their emotions, and for some people, the entire relationship is an overwhelming construct that creates anxiety. How can one avoid these anxieties?

First, it's important to recognize the difference between healthy anxiety and unhealthy anxiety. Healthy anxieties are those that result from a real threat of threat or danger. Examples of these include concerns about getting physically or financially hurt because you care for your partner or fears about the loss of someone close to you due to death or distance. On the other hand, unhealthy anxieties are those resulting from unrealistic or unrealistic fears.

If you have been diagnosed with an anxiety disorder, you need to

recognize the fact that your anxieties are not an accurate representation of reality. The thoughts and feelings you have may be distorted; therefore, you need to start challenging them. By writing down your negative thoughts regularly, you can gain a better understanding of how they affect you and what they mean in your life. In addition, challenging these thoughts can help decrease their intensity and frequency.

Another way to deal with your anxieties is by challenging them. You can challenge them using three basic strategies – disputation, minimization, and reframing. First, you can dispute the thoughts or feelings that are causing the anxiety. When these thoughts are based on unrealistic or unrealistic expectations, it's possible to dispute them by pointing out the flaws in their foundation. When you dispute your thoughts, you focus on providing evidence that disputes the content of your thoughts. You should not worry about whether this evidence represents a "good" response or not; instead, your objective is to get more information about how your anxiety affects you and what situations trigger it so that you can address them later when possible.

Fear of Abandonment

Fear of abandonment is the overriding fear that people will leave near you.

Everyone can develop a fear of giving up. It can be deeply rooted in your traumatic experience as a child or in adult depression.

When you fear failure, maintaining healthy relationships can be almost impossible. The paralyzing fear will bring you down to the wall to avoid being harmed. Or you may be sabotaging partnerships unintentionally.

You can address your fears on your own or through therapy. However, fear of abandonment may also be part of a personality disorder requiring treatment.

Different Types of Fear of Abandonment

You may fear that someone you love will physically leave and not come back. Examples of abandonment fear. You might be afraid someone will give up your emotional needs. You can either maintain yourself in ties with a parent, partner, or friend.

Fear of Emotional Abandonment

Emotional needs exist for us all. In case these conditions are not met, you may feel unrecognized, unloved, and disconnected. You may feel very much alone, even if you are in a relationship with a physically present person.

If you have undergone emotional renunciation in the past, especially as a child, you may be always afraid that it will happen again.

Fear of Abandonment in Children

You may scream, yell or refuse to let go if a parent or caregiver is leaving. At this stage, children have difficulty understanding when or if the person will return.

As they begin to understand that they come back, they resolve their terror.

This happens to most children by their 3rd birthday.

Abandonment Anxiety In relationships

You can actually be afraid of allowing yourself to be insecure in a relationship.

You may have problems with confidence and worry about your relationship too much. That can make your partner suspicious.

Over time, the anxieties will cause the other person to retreat and keep the cycle going.

Symptoms of the Fears of Abandonment

When you fear abandonment, you can likely identify some of these symptoms and signs:

Too sensitive to criticism

Trouble trusting in others

Difficulty making friends unless you are sure you want them Take extreme measures to prevent rejections or separation Pattern of unhealthy relationships

Staying in a relationship even at the point that it is not healthy for you

Blaming yourself when things don’t work Trouble committing into a relationship

Working too hard to please people

Causes of Abandonment

Abandonment problems in relationships may be due to having been emotionally or physically abandoned in the past.

For example:

- **As an infant, a parent or caregiver may be dead or abandoned.**
- **Parental negligence may have been felt.**
- **Your colleagues might have rejected you.**
- **You have been through a loved one's chronic illness.**
- **A romantic partner may have suddenly left you or acted untruthfully.**

These events can lead to a fear of abandonment.

Long-Term Effects of Fear of Abandonment

The long-term effects of the fear of giving up may include:

- **Challenging connections with friends and romantic partners**
- **Poor self-esteem**
- **Issues with self-confidence**
- **Mood swings**
- **Codependence**
- **Depression**
- **Fear of intimacy**
- **Panic problems**

Examples of the Fear of Abandonment

Here are a few examples of what the fear of giving up may look like:

Longer-term effects of fear of abandonment You may think, "No connection, no drop."

- **You are obsessively worried about your perceived flaws and what others might think about you.**
- **You are the most pleasant person. You don't want to take any opportunity that someone doesn't like you to stay there.**

You are crushed when someone criticizes you a little or gets upset in any way.

When you feel slighted, you overreact

You feel insufficient and unattractive.

You split with a romantic partner so that they can’t break up.

Even if the other person asks for space, you are clingy.

You are often jealous, suspicious of your partner, or critical of him.

Fear of abandonment is not a diagnosed mental health disorder, but it can be detected and discussed. Diagnosing fear of abandonment Fear of rejection may also be part of a diagnosable personality or other condition to be treated.

Chapter 3. How to Manage Relational Anxiety?

There are several ways individuals can go about managing their relational anxiety. There is not one specific solution, as different people have differing levels of comfort in meeting new people, finding time for self-care activities, or establishing healthy boundaries with intimate partners. For someone suffering from anxiety, it is important to have a plan for managing their social situations.

For those individuals who can manage their anxiety around meeting new people daily, the first step is to decide on the best time and place to meet new people. People with low levels of anxiety will generally have fewer barriers to starting up conversations with others in public settings, while those who suffer from more serious levels of anxiety will have a more difficult time initiating conversations with people they do not know. For example, those who are working in a social environment where they routinely interact with others will be able to handle an occasional interaction if they do not feel anxious in normal traffic situations at work or as they wait for the bus. However, if an individual feels more comfortable only interacting with others in small settings, such as in the confines of their home then they will need to find ways to initiate those interactions in a way that is comfortable for them.

For those with high levels of anxiety, it is important to take cues from your own intuition on whether or not you should have a conversation. This can be difficult, as starting conversations takes effort and most people will naturally want to avoid initiating conversations with others. If an individual has been in a relationship with someone who has severe relational anxiety, this person may know how to manage their own anxiety around meeting new people. However, if the individual is new to socializing, they may have trouble determining when other people are just being friendly and when they are gaining depth into another person’s life. For those who need to be able to express themselves to an individual in a non-verbal way, it is best to make eye contact and smile. Non-verbal communication can go a long way, especially for those who tend to forget

important facts or lose track of what they want to say while they are talking. However, it is important for someone with relational anxiety not only to have the courage to express themselves but also to have the patience for being completely ignored.

In order to establish healthy boundaries with intimate relationships, you need to decide on what kind of interaction you are comfortable with. If the relationship is new then it is important to talk about what you are looking for and the kinds of things that make you feel uncomfortable. If the relationship is established then it is important to recognize your own limits and boundaries, which may have shifted as the relationship has progressed. It's a good idea to talk about these issues to maintain a level of comfort without feeling trampled on. It's natural for your partner to want more from a relationship with you than you want from them, however, this does not mean that they are obliged to get that from you.

One of the reasons interpersonal relationships can be difficult for those with relational anxiety has to do with the way they view relationships in general. If you have low self-esteem or struggle with trusting others, then managing your own anxiety around relationships could be more difficult. Some of the ways relational anxiety can interfere with close relationships include:

Individuals suffering from relational anxiety may also feel a heightened sense of responsibility in most social interactions they may have. They are easily stressed by the things they feel are their fault or they feel they should be able to prevent. They often have trouble asking others for help with things that aren't something to worry about, such as helping a friend move furniture or cook dinner. It's important to find a balance between doing too much and knowing when to let go.

The first step is to realize that you may have a problem with anxiety, which can be difficult to accept at times. Once you understand that there is a problem with your social anxiety then it is important to be willing to accept treatment and receive support. Self-help books are available online and in bookstores, as well as through the internet. Therapy can be done by working on your relationship issues with yourself; however, it may also be helpful for individuals who are suffering from high levels of relational anxiety to work with a therapist on this topic as well.

This is where social anxiety comes into play; in many cases, it could be

the cause of issues within one's own relationships as well. Being able to express yourself and not talk about things that others might take offense at may be a big something that you need to overcome for your own relationships to become more functional and easier for you to manage.

For those who have social anxiety, a lot of times they will find themselves avoiding certain situations or situations where they feel the most anxious because they simply don't want anyone to know their issues. Not only that, but they may be afraid of what might happen if they do attempt to talk about their issues.

For those who suffer from a social anxiety disorder, it isn't something that they just expect to live with; however, for them, it may not seem like there are too many options available to overcome these issues. However, this can be the case if they are willing to work with a therapist and make some changes.

For these individuals, it is also important that they set goals to better handle their condition. Whether it's going out to meet new people or taking on more responsibilities and tasks at work, the person suffering from social anxiety disorder should have a way of determining what are reasonable expectations that he or she can do to better manage their own condition and make it easier for them to function in society without fear or worry.

Four-Step Validation Method

Listen empathically

The most important thing to do to listen empathically is to have empathy for the person you are listening to. Empathy with others increases your understanding of them and their reality and helps them feel safe enough to open up about some of their issues without fear of judgment or rejection.

To intentionally act with empathy, it takes an effort on your part. Remember to use your nonverbal communication to strengthen your empathy, not weaken it. When you look at someone in an empathic way, you are giving them the message that they matter and that you are interested in what they have to say.

People often feel more comfortable talking about their problems when

they feel safe. When you listen empathically, it shows that you understand how the person might be feeling and how their problem is affecting them. This can encourage people to keep talking and sharing ideas with you even if they did not expect a solution from someone else.

Validate the emotion

Ask the person if they're comfortable sharing what they're feeling. If they don't seem comfortable, then tell them that you want to help them figure out what's going on in their head. Ask them if there is anything you can do to help them get through whatever it is that is causing their emotional response. If the emotion appears to be ongoing, ask the person how long this has been happening and how long they have felt like this way. Ask the person how they feel about the emotion that they're experiencing. It seems like you needed to be pretty explicit with your questioning.

Offer advice or encouragement (if appropriate)

You could listen and let your friend talk about what they're feeling. Trust me, they want someone they trust with whom they can share their thoughts and feelings. But it helps if you don't judge or try to give advice too much during this process. Just be supportive of your friend by being present while listening attentively...asking questions about how they feel and validate the feeling or event that has brought about their sadness, anger, fear, etc. For example: "Wow, that's amazing....it might be a bit scary too? It must be hard to leave some of your old friends behind..."

Encourage them to continue taking positive action toward their goals and objectives. People who are depressed are often stuck with thoughts of hopelessness and negative self-talk and it is important to help them stay focused on positive things they can do in the future. This might include helping them work on a goal they have set or figuring out what action steps they need to take this week to move forward in their plan.

Validate the emotion again

When you begin to feel like you've said too much or said something wrong, it's good to ask the person if what you've said is something that they are going through as well. When you acknowledge that this feeling is one that many people go through, it can really help them feel validated in their emotions. It can also help point out that everyone feels differently

about the same situation.

It can help you understand that these emotions are normal, and it could help you figure out how to handle the situation or feeling better.

Other Methods:

Meditation

Meditation is the practice of clearing your mind and focusing on relaxation. Meditation can be done just for the purpose of relaxation or to improve an existing skill such as mindfulness. More advanced practices can involve visualization and intention to change reality.

Muscle relaxation

This treatment has been found to have a significant effect on relieving pain and discomfort caused by any cause as well as promoting overall health and wellness for patients of all ages.

Deep breathing

It’s a great first step in reducing anxiety symptoms such as getting overwhelmed, hopelessness, irritability, and low self-esteem.

Acceptance & Commitment Therapy (ACT)

ACT helps people with feelings of exclusion, frustration, fear, and anger. It helps them identify their values so that they can live in a world that is better for themselves and others. It teaches them how to take things one day at a time and focus on what matters most to them at any given moment to lessen the negative effects of stress on their life

Metacognitive Therapy (MCT)

It is a cognitive-behavioral technique that focuses on the “mind” (metacognition) aspect of depression. Metacognition refers to reflective thinking or thinking about how one thinks. MCT uses tasks that enhance metacognitive skills to change depressive thoughts and behaviors.

Chapter 4. Other Tips

Anxiety can act in curious ways. It will impact different relationships differently, so it’s only fair to embrace the most popular techniques that best suit a wide range of people. In fact, those with relational anxiety do not necessarily have a partner to relate to; in fact, they are often a lonely person precisely because of this type of disorder. Therefore, it is only suitable that the text also includes advice and topics focused on this type of person.

Essential and Affordable Remedies

Sleep

One of the most important things you can do to improve your sleep quality is to establish a bedtime routine. A regular bedtime will assure that your body understands when it’s time to go to sleep and wake up. Having a routine – such as going to bed at the same time every night or reading before going to sleep – can also help prevent insomnia because it has a calming effect on the mind and body.

Bright light may help you fall asleep and stay asleep

Many people have difficulty falling asleep because they are too bright, or their bedroom is too bright. The light from an electronic device, TV, or another source that gives off a higher amount of light needs to be dimmed or turned off before attempting sleep. It can be helpful to use a sleep mask or a darkening shade to block out the light from your bedroom curtains. For many people, bringing a smartphone or tablet into bed with them can also cause their bodies to remain awake while they fight the urge to check for messages. Make sure that any electronic devices are turned off and stored far away from your bed during your sleep time.

A stable and comfortable mattress is essential

The type of mattress you have is very important in helping you get a restful night of sleep. Many parts of America have stores that sell mattresses, but if you’re not sure how to pick the right one out for yourself, it might be worth it to invest in a professional opinion before making an expensive purchase. Your mattress should support your entire body and be firm enough to offer proper spinal alignment for the best

possible sleep. Additionally, make sure you keep your mattress clean and change the sheets regularly to avoid having too many allergens or other irritants in bed.

Make sure your bedroom is always dark at night

A dark room helps you fall asleep more quickly and it also keeps your body from being tempted to stay up late because there isn't anything interesting going on. There are many things you can do to create an environment that is dark at night. If you have curtains or blinds, make sure to close them at night. You can also use a sleep mask to keep out any unwanted light. Make sure your alarm clock is on the other side of the room so that you won't be tempted to look at it and stay awake.

Nutrition

If you're going to eat processed foods, be extra careful about the packaging. Read the labels and ingredients list as much as possible when trying to avoid high fructose corn syrup, trans fats, artificial colors, and flavors in any food product.

Shop for fresh produce that is not overgrown or wilted and check out the peeled stickers on fruits and vegetables. These stickers will indicate ripeness or vitamin content in produce.

Always keep fruits and vegetables in your kitchen fridge so they don't go bad sooner than expected.

Choose to eat out less often so you can control your portions and order food that is fresher and healthier.

If you're a vegetarian eat an additional serving of whole grains, fruits, and vegetables a day.

If you are going to eat red meat make sure it's leaner cuts of beef and pork.

Limit your consumption of sweets, soda, French fries, cakes, pastries, candy bars to once a day or once in a while. Some foods like fruit juice still contain high amounts of sugar so be careful about how much fruit juice you drink as well.

Physical activity

If you have an hour or less per week to dedicate toward exercise, try doing

one type of physical activity every day: three times per week for 30 minutes each time. Swimming on Mondays, dancing on Tuesdays, and running on Wednesdays will provide variety and some regular exercise without disrupting your daily routine too much.

If you have more than an hour to dedicate to physical activity per week, try finding something that appeals to all of your senses. Outdoor activities such as biking and playing sports in parks are great ways to burn calories but also improve your mood and increase fitness levels.

Drinks

One drink that has been shown to reduce anxiety is the consumption of coffee. One reason for this may be that caffeine is a psychoactive drug. That being said, there are other factors of coffee that have been shown to reduce anxiety in the brain. These factors include:

Consumption of Coffee

Caffeine is a well-known substance that reduces anxiety, including caffeine from coffee and decaf tea. The effects of caffeine are due, in part, to the influence of dopamine, which activates brain areas that control attention and arousal. Caffeine can also affect GABA receptors, by blocking them so they cannot inhibit electrical signals in the brain or relieve anxiety symptoms.

However, the most effective dose of coffee for anxiety relief is the amount that is contained in one cup of coffee.

Regarding the type of coffee needed to relieve anxiety, research has shown that it does not matter whether it is regular or decaf but rather how much caffeine is contained in the brewed coffee. That being said, most people who are used to consuming a lot of caffeine tend to buy strong coffee with a higher amount of caffeine. Nonetheless, as long as you are aware of how your body reacts to different doses you should be fine.

Additionally, some people seem to react differently to a specific type of bean so if you are not happy with one type then try another until you find something that works best for you.

Studies have also shown that consuming hot beverages can reduce anxiety. Even though many people do not believe that heat has a direct effect on anxiety, it seems as though there may be a connection between the two.

Additionally, it has been shown that hot beverages may work as an analgesic to relieve pain. Some people drink iced coffee to prevent mental burnout and fatigue, which can also help you sleep better at night. Another great option is to follow the “hot water with lemon” technique. As long as you don’t drink too much coffee or tea, these sources of caffeine can be effective in reducing your anxiety and boosting your energy levels during the day.

Outdoor life

Outdoor life has an amazing ability to put a person at ease through the calming effect it has on both body and mind. Even if you are not used to being outdoors, it’s important to take up some new challenges to reduce your anxiety levels: Spend 20 minutes outside every day, whether that is sitting in your garden or going for a walk around the block, with your hands in your pockets and looking down at stones as they pass by. If this proves difficult try carrying something light like a camera around with you too. Do not worry about what other people think of you. This is especially important if you are spending some time alone in nature. It is quite common to feel like you are being judged or even watched, especially if someone has told you this can happen. In reality, this is complete nonsense and it’s just your anxiety playing tricks on your mind. What goes on in your head is not shared by anyone else so do not assume that everyone will be paying attention to what you are doing or thinking. You should keep an open mind when doing something new or out of the ordinary, as this will really help to reduce your anxiety levels.

Social life

If your social anxiety is severe enough that it disrupts your life, here are some things you can do:

Get involved in groups and community events.

Volunteer for a cause that interests you.

Practice making eye contact with people while walking down the street.

Try talking to a few people at parties or gatherings, even if you’re feeling anxious.

If you have an important conversation coming up, practice your

speech out loud before hand (but try not to do this in public).

Join a local club related to a hobby or interest of yours.

If you have social anxiety, your nervousness can get in the way of enjoying your life. If this is the case, try these techniques to help you feel more comfortable at social events:

Practice what you're going to say before you go to a social event.

-Be yourself when talking with others.

-Vary what you talk about so that it's not always about yourself.

-Don't be afraid to ask for help when needed.

-Try listening to soothing music before or during social occasions.

You can find a doctor who can provide you with medication that may help with your anxiety and related symptoms (such as depression).

Relaxation techniques

Taking a break

Talk about problems

Before you start, set boundaries. For instance, if you are struggling with anxiety, it can be a bad idea to bring up the subject of daily routines like work or sleeping in the middle of a conversation. This will usually just end with people feeling worried about how you're handling your issues rather than letting them help or sympathize with you.

If you struggle with anxiety often, talk to someone who understands what's going on for you before having a conversation with them. It is best to seek out a professional who can explain anxiety and help you cope with it.

The intention of this is to let them know what's going on in your life and why you want to talk about it. This will help them take a step back from the situation so they can understand more about what you're talking about.

You should only bring up issues surrounding your anxiety when you're feeling safe and secure. Some people find that it feels safer to talk about their problems during a walk or outside of the house.

Be positive

First of all, it’s important to find opportunities throughout your day that make you happy. These moments might be as simple as listening to music or getting out into nature during your break at work – these moments help push us through a hard time by reminding us we’re alive and making us feel connected and alive again.

If you’re feeling negative about your situation, it may be helpful to write a letter. Writing down your feelings, instead of keeping them bottled inside, will make you feel just that much better. It can also help distract you from your negative thoughts and feelings and give you a little inspiration and hope.

Think of as many positive things as possible about yourself, like all the good qualities that make you who you are.

This means eating well, sleeping enough, and staying hydrated.

Transcendental meditation is a great way to manage stress when you are feeling anxious and depressed. This type of meditation focuses on the present moment by helping you get in touch with your breathing.

Meditation for anxiety helps to calm an overactive mind by helping you focus on a particular thought or idea, which can be changed at any time. By doing this, thoughts splintering from one concept are minimized, allowing the person to find more joy in the present moment rather than worrying about what could happen in the future or remembering something that happened in the past.

Chapter 5. Taking Inventory of Your Emotional State

One of the most important things you can do when initially starting out on your emotional intelligence enhancing journey is to take stock of what you are currently feeling. There are no right or wrong answers here in terms of what comes up. As our limbic legacy shows us, humans are inherently emotional creatures, and suppressing them is almost impossible to do entirely.

The following factors should help you take a closer look into how to identify and deal with these feelings when they do arise to ultimately move you to the level in your E.Q. journey.

Acknowledge Your Emotions

The first thing to do when attempting to increase your personal E.Q. levels is to get good at acknowledging and perceiving the emotions that you are feeling. This is the starting point for every model and framework of E.Q.

Whenever I feel an emotion arise within me, I always take a pause and acknowledge its presence, I take a moment and really feel it so I can understand and label it in my mind. This is not the same as reacting or acting upon the emotion just yet, but I want to know why it may have arisen and if it could be useful to me. If it is a feeling of anger, fear, or frustration I do not deny or try to hide it, but instead, acknowledge its presence and dismiss it as not being productive and move on.

If you start to dwell on emotions such as these, you will quickly fall into a negative spiral thought process that will have you framing everything in a pessimistic light before you know it. I used to play out entire imaginary scenarios in my head of something going badly and the knock-on effects that I ‘knew’ it would have, only to realize that it NEVER worked out that badly and that I’d fabricated it all in my mind. Sound familiar?

If on the other hand, it is an emotion of excitement, joy, or anticipation, I also pause for a moment, acknowledge and label what it is that I am feeling, and try to cultivate and utilize it if I think it will benefit the situation such as situational empathy (which we will get onto).

It is also important to take responsibility for these emotions that you are feeling either way, good or bad. Know that it is something inside of you that is eliciting such a response and that you must deal with it and not sweep it under the carpet so to speak. Yes, it may be some outside influence or stimulus that sparked the response in the first place, but

remember that the emotions you are feeling are coming from within you and that it is your responsibility to deal with them Understand That You Are Not Your Emotions.

So, following on from that, you also need to constantly remind yourself that the emotions which arise within you and the conscious entity which interprets them are two very different things. Most people walk around in somewhat of a waking sleep for the most part completely at the mercy of any feeling, thought, or emotion that pops into their head.

You must understand that many thoughts and emotions will pass through you almost on a second-by-second basis, but again it is entirely your choice on how you perceive and choose to react to them.

There is also a very large egoic element to this process as well. Thoughts and feelings of jealously for another person or fear of performing a task is just your ego trying to keep your preconceived notions about the world intact and keep you operating within your comfort zone. This is a topic for much greater discussion i.e. regarding the tactics to counteract such self-sabotaging behavior, but that detaching yourself from your overall emotional state is very a beneficial thing to do.

Learn to Forgive Yourself & Others

“Life becomes easier when you learn to accept an apology you never got”

Robert Brault

Again, along the same lines as letting go of a negative emotion that arises within you, people have a great tendency to hold onto what they perceive to be negative acts that they have either committed themselves or others against them. Holding onto this ill-feeling again serves absolutely no purpose to you in the immediate future and certainly not in the long run.

If there was one thing that got me ahead in my business life so quickly it was this concept. Once I stopped getting caught up with what I thought I deserved from a situation or others around me and started pushing ahead regardless, I made so much more progress. You cannot stop and throw stones at every dog that barks, and that includes yourself when you mess up.

This is not just applicable to adult and business life either, it is relating to everyone young or old. If I had taken heed of this advice when I was growing up, I know I would have had better overall relationships with school/college friends and family alike. That has not to say things were necessarily that bad, but they could have been better, or at least I could have saved myself a great deal of heartache and stress along the way.

Do Not Get Involved in Negative Self-Talk

As I mentioned above, letting negative self-talk get out of hand is a very bad habit to take up. I would say that it is the one thing that plagues humanity more than anything. We often talk ourselves out of things before we have had a chance to start them. Again, this comes down to letting negative thoughts and emotions cloud our thinking to a point of almost no escape. You must stop this in its tracks as quickly as possible if you want to build high overall levels of emotional intelligence.

This also includes negative self-talk and ‘gossip’ regarding other people. In danger of sounding like one of your parents or schoolteachers here, you do not need me to tell you this is a worthless exercise and one that will ultimately bring your E.Q. level down with it. No one is perfect; just make a point of catching yourself when you start to talk in this way.

This freed me greatly in a psychological sense when I managed to stop doing it a few years ago. But stopping myself altogether from judging anyone I came across in even the smallest way saves me so much mental energy and almost certain daily miss judgment.

Nowadays I simply let others go about their day in their own way without

even the slightest judging thought about their behavior. That is not to say that I tolerate bad behavior or that I do not try and empathize with people and attempt to understand their situation better, which is critical to building fruitful relationships. But I do not judge them with regards to how they got to where they are, I never walked in their shoes or went through the struggles they did so I let them do the talking on this one.

Again, this is not some “holier than thou” situation, I am not perfect and do very occasionally catch myself automatically judging someone. I just now catch it very early and stop myself in my tracks straight away. It is so much more liberating when you do.

Chapter 6. How to Eliminate Negative Thinking?

We will always feel negative emotions (due to negative thinking!) if we live something like an injustice.

If you want to eliminate negative thinking totally and definitively, it is not enough to distract yourself for a few minutes every time they occur: you have to turn them into positive thoughts.

I believe that 99.9% of the events you will experience will not be negative per se. They will only be negative if you live them as something wrong, ugly, and unfair.

In fourth grade I was shy, but I told my parents what was going on, I was able to stay calm while a kid could choke me, I did not bear a grudge even then.

Why should I consider the negative things and not the positive things of that same episode?

Negative thoughts are not born because of an “ugly and bad” reality, but according to how you see it, how you look at it, the meaning you give it.

A martyr was someone who would rather die than deny his idea, his faith. For him, it was more positive to die than to deny.

Death is not something negative either: it is a natural fact.

We all die, someone dies around us every day, nature is a continuous cycle of life and death.

A few days ago, joking, I was saying that the worms seen on the corpse of a mouse found in the countryside, are the same ones that will eat me, or you, at our time.

It is true, death is not something negative, but something natural, an integral part of life. We should not be afraid to die.

Negative thoughts are not related to the things you live, but to how you do it and if you want to eliminate them you have to change your vision of reality, your point of view.

You eliminate negative thoughts not by changing reality or distracting yourself, but by deeply transforming the way you think, becoming aware, and learning to see things from different angles that you probably don’t notice today.

My book, Emotional Independence, accompanies you in this process.

The problem is not what happens or what happened in the past, but how

you live and remember everything, the meaning you give to each event.

If I understand the strength and calm with which I faced the “bully,” if the guy on a sailing boat understands the determination and strength with which he handled a difficult situation well, then the negative thought dissolves.

There is no manipulation or self-suggestion, but a new, more real, and deeper way of seeing things and understanding reality.

Obviously, if negative thoughts are related to situations to be faced, you have to learn how to solve problems. And develop self-esteem and confidence in your abilities.

Leads you to positive thinking

You can start changing your perception of things right away by stopping placing distorted filters between you and the things you experience.

Key number 1: Negative to challenging.

Instead of considering something “positive,” start calling it simply, comfortable or easy. And what you would call “negative” today must become uncomfortable, complicated, challenging.

Why is it important?

Because when you think something is “negative” you are not looking at objective reality, but you are applying a filter that is in your head.

Does being born without arms seem negative to you?

Some people are born like that and learn to use their feet to do everything that people normally do using their arms and hands.

Negative? Maybe, but it’s certainly more complicated for you. For people born without a hand is “normal,” you have always been like that and you are used to using only one.

But when you put the label “negative” you no longer see an objective situation that makes something more complicated, you see malaise, something unfair, and you feel bad.

And defining something negative changes it? Does suffering for an objective condition change it?

No, you are just sick and you keep the problem to face. Eliminate the adjective “negative,” replace it with complicated, demanding, difficult.

Stop loading yourself with negativity in the events you live and think

about living them, how to deal with them constructively.

Reality is not negative. It’s reality, it’s us who color it or live it in black and white.

Key number 2: from unfair to “we will see.”

A friend of mine suffered a theft in the store and this, thanks to the payment of the insurance, turned out to be a fortune because that money allowed him to save his house.

10 years ago I was “unfairly” fired. But if I had not suffered this event today, I would not be here writing and you could not read me.

A journalist kicked a Syrian refugee who was carrying his son. An episode that bounced the man’s story internationally, and earned him an employment contract in Spain.

If you want, I can give you more examples of how what we judge to be “unfair” today may turn out to be positive tomorrow.

Neither you nor I are able to judge whether something is right or wrong.

What if it turns out to be the best thing in the world?

From today don’t think that something is “unfair,” think instead: “we will see.”

And watch what could happen, doing your best to turn every situation into an opportunity.

Key number 3: from why to how.

Why should a young boy attack a younger child by threatening him?

I don’t know, but that child has the opportunity to pull out strength and courage from that episode.

Why does a man have to find himself in the middle of a storm on his way home in a sailboat, perhaps without having who knows what experience?

I don’t know, but that man has the opportunity to put himself to the test, learn more about his limits, grow, gain experience, help those in trouble.

Why does the earthquake have to tear down my house?

I don’t know, but I have the opportunity to help those who are living the same experience, give a hand to help those in need, rebuild my house and discover that nothing can stop me if I don’t stop.

From today don’t ask yourself why it was your turn, ask yourself how you

can use that episode to do something positive.

Turn every situation, difficult or simple, into an opportunity. See what can happen and ask yourself:

How can I make a contribution?

How can I use this situation to my advantage?

How can I make a difference?

As you can see, I’m showing you small steps to change your perspective. The world is not the problem. It is how you look at it, how you live it.

If the problem is real, you just have to face it and stop loading your life with negative thoughts (and therefore emotions). It is not necessary and nothing changes.

Negative thoughts are not a problem, they are a way of thinking, living, understanding reality, the result of your vision of life, of the rules you believe to be true.

Chapter 7. Parenting With an Anxious Partner

Being in a relationship while affected by anxiety is difficult but having children under the same circumstances can be genuinely challenging.

Keep in mind that children can make parents, however, those who are naturally anxious or suffer from a disorder will obsess over the safety of the child before it is even born. It is normal to feel a certain amount of concern for your children, whether it's for their health or security reasons. Many parents continue worrying about their kids even when they are fully matured and starting families of their own. Relationships change when children enter the picture. Various relationship anxieties may start developing, even ones that were never there before.

The term "helicopter parent," refers to parents who are always worried about their children and come to their aid at the first sign of distress. These parents usually experience intense anxiety because of all the fears that manifest when children are around. These parents obsess over their kids' safety and will aggressively seek to control every aspect of their lives to keep them safe and feel nurtured. However, there are other parenting-related anxiety symptoms out there, such as:

Criticizing your children, no matter how well they do. This issue can even continue into the child's adult life, as the parents will continue criticizing his decisions and lifestyle. Keep in mind that "normal" parents will be critical regarding their children as well, but not on the same level as those who suffer from an anxiety disorder.

Some parents fail to display enough affection due to their anxiety. They don't smile as often as they should, and they always expect something to go wrong, which leads to even more worries and more stress.

They are more inclined to ignore a child's opinion or completely disrespect and even mock his or her point of view. These parents sometimes fail to encourage independent critical thinking.

None of this means that only parents suffering from various anxiety disorders are anxious when it comes to their children. There are many reasons to be worried, and most of them are due to the lack of control parents feel. If you find yourself worrying about your children all the time or stress over the future of your children, you could limit the kind of activities your family participates in. Many such parents think that they protect their children by excluding them from potentially dangerous situations when they are on average, in safe social settings. Behavior like

this can be caused by anxiety, in some cases, and it is incredibly damaging for the parents and child. Now let's take a look at how parenting anxiety can even affect your romantic relationship.

How It Affects Your Relationship

As already mentioned, anxiety can severely impact your approach to parenting and the development of your children. However, your partner may also be affected if you are displaying overprotective behavior. Preventing your children from participating in social events with other children, allowing them to explore their surroundings and interests only inhibits their growth and ability to learn. Your partner may have a different view on child upbringing or education and disagree with what you find acceptable. This conflict in your relationship can ultimately affect your parenting and the child's development.

If your anxiety is causing so much friction between members of the family, think of the age-old words of letting kids be kids. Don't forget that anxiety is all about the dangers you perceive and imagine, and this doesn't automatically turn them into reality. The threat of your child getting hurt may seem real, and you may think you couldn't handle your emotions if something happened to them. It's fairly common for parents to overreact after a child gets hurt during an activity. Imagine your kid is playing soccer with his friends and he breaks his leg in the process. After such a high-energy event, you will be tempted never to let him play soccer with his friends again because it's too dangerous.

Now let's discuss the conflict between you and your partner when one of you has a different opinion on parenting due to anxiety more. Imagine the following scenario: Your child wants to take his bike and go to his best friend's house, which is around half an hour away. He wants to go alone, of course, without a parent escorting him. Your partner knows where the friend lives and the route is perfectly safe, so he says yes and lets the kid go on his own. However, your answer to his wish is a resounding "No." He then goes to the seemingly more "reasonable" parent to get another confirmation and leaves. At this point, the child has established that one parent is much easier to convince and is more accepting of his plans, opinions, and wishes. The problem, however, is that you are now probably feeling anger or resentment towards your partner for not agreeing with you and going against your decision. Besides, you may also be experiencing

even more anxiety because the thought of your child leaving on his own is frightening.

While always being on the same page with your partner is hard, they should be aware and understand your anxiety can impact decision-making, especially when it comes to parenting. Both of you need to invest additional time in communicating with each other and learning how to compromise in various situations. You need to work together despite your anxiety because you're on the same team no matter what. If the two of you already are parents, you should take a step back and figure out all the differences and similarities you find regarding your parenting methods.

As an exercise, you should think about the upbringing of your children and the way you are going to raise them. You need to decide how willing the two of you are to allow your children to explore new things and how much freedom you offer them to be independent. Both of you should write down a list of all the situations you can think about and then write down how you would handle them. Once you have the answers, you can compare them to see the differences between your partner's parenting style and yours as well.

You should pay attention to which parent the child seeks permission from when it comes to risky activities. For instance, if you are very anxious and protective of the child, he may seek your partner's approval when it comes to sports or going camping. Think of any such examples and write them down to discuss things with your partner.

Lastly, you should think about the way you react to any situation that involves your child and write down your behavior. You should then compare your actions to those of your partner's. Pay special attention to the circumstances that led to your child being hurt. Whether it's physical while playing a sport, or emotionally by being embarrassed or bullied at school. Write down everything you can think of and discuss it with your partner.

Communication is key.

Chapter 8. Avoid Blaming and Criticizing

Imagine you're sitting down to a private conversation with a trusted confidant. The topic turns to your partner and all the things they do to annoy, hurt, and even infuriate you. When you launch into a long speech full of blame and criticism, you probably feel like you're talking about the failings of your partner.

However, psychologists and other professionals believe that listening to a person criticize and attach blame says more about the psychology of that person than the person they're talking about. Some psychology professionals even choose to listen to people who criticize others to help them form opinions on that person's potential psychological diagnosis. Even as far back as the late 1800s, Oscar Wilde said, "Criticism is the only reliable form of autobiography."

How Criticism and Blame Affect Your Relationships No one likes to be criticized, and no one likes to be blamed for everything, especially things that aren't truly their fault. When your relationship is characterized by excessive levels of criticism and blame, it can only suffer as a consequence. Your partner will soon learn to become wary of sharing their thoughts, feelings, and experiences with you so they can avoid the blame and criticism that is likely to follow.

In many relationships, criticism starts as small, insidious comments, building swiftly over time to repetitive, ongoing, large-scale criticisms of the person as a whole. It does not take any stretch of the imagination to see how healthy relationships cannot survive in a cloud of blame and criticism.

How Criticism and Blame Affect Your Confidence

When you're criticizing someone, it may feel like you are voicing your complaints about a certain act or behavior exhibited by the other person.

Instead, when these complaints come out in the form of criticism or blame, what you are doing is expressing how the other person's behavior made you feel devalued. In this way, criticism is a form of ego defense and

is usually performed by people with low levels of self-confidence who are easily insulted. By constructively communicating your feelings rather than resorting to criticism and blame, you can bolster your sense of confidence while still letting your partner know how you feel about their behavior.

The Difference Between Shame and Guilt

People often use the words shame and guilt interchangeably, yet psychologists recognize that the two words refer to entirely different feelings.

In simple terms, guilt is a feeling associated with acknowledging how our actions have affected others, while shame relates to how we feel within ourselves. The two words are often used interchangeably because there are many instances when one experience can bring up both feelings. For example, imagine you deliberately say something hurtful to your partner. Your words have the intended result, and your partner becomes upset. You will probably feel guilty when you see how your words have affected your partner. If you simultaneously feel bad when you realize that you intended your words to be hurtful, you might also experience feelings of shame from realizing that you're the sort of person who would seek to deliberately hurt your partner.

In psychological studies undertaken with young children (Drummond et al.), it was shown that children who felt guilty after breaking a toy were likely to act positively by trying to fix the toy. However, children who felt shame from breaking the toy were more likely to try to stop their parents from knowing what they had done by hiding the broken toy.

The Difference Between Criticism and Feedback

Seeking to avoid criticizing and blaming your partner doesn't mean that you should keep all of your feelings to yourself.

We know that guilt refers to feelings about other people, and feelings of guilt can cause a person to try to proactively fix what they have done. We also know that shame refers to feelings about oneself, and feelings of shame can cause a person to withdraw socially or try to hide what they have done.

For example, imagine your partner turned up late to an important function, causing you embarrassment. To criticize and blame would be to comment on your partner as a person. “You’re always late.

Why do you have to be so lazy and inconsiderate?”

A healthier way of communicating is to focus on the behavior and how it made you feel. “I felt embarrassed when you showed up late. Can you please try to be on time next time?”

The first example may cause your partner to feel shame, which we now know could lead them to withdraw or try to defend what they have done.

The second is a more respectful way of communicating and may cause your partner to feel guilty for what they have done, but not to feel bad as a person.

With this approach, your partner is more likely to own up to their mistake and recognize how it made you feel.

Break the Blame and Criticism Habit with Confidence and Compassion

Blame and criticism can damage any relationship and can oftentimes prove fatal. However, it must be acknowledged that when you blame and criticize your partner, you are doing so usually as a misguided attempt at either creating a better relationship or protecting yourself from harm. Understanding that the underlying reason for your tendency to criticize and blame is a positive one and can help you to feel compassion towards yourself.

Remember that you are now in the process of building your self-confidence and trust that with increased levels of confidence you will be able to communicate with your partner in healthy ways without resorting to criticism and blame. By improving your confidence and increasing your compassion towards yourself, you will, in turn, increase your ability to communicate effectively without falling back into old negative habits.

Chapter 9. Cultivating Healthy and Brand New Relationships

Love comes with its pitfalls. What seems at the beginning, like life on a fluffy cloud, will take no time in changing to a life of struggle and conflict.

Love is not only about the feeling of having sparks and butterflies in your stomach. Maintaining genuine love needs hard work. But in the end, it gets paid well with satisfaction and happiness. It is exciting, intoxicating, and also scary at times.

Love is not always a feeling of delusion and lust. It is something more in all possible senses of feeling.

Allowing Vulnerability

One of the definite signs of falling in love is the moment when you feel vulnerable suddenly. This form of vulnerability can be seen easily in your longings, fears, and feelings. As you start falling in love, your door of heart will open in front of your partner. You will start entrusting your heart to your romantic partner. You will begin to showcase yourself in front of them, as you tend to do with only those close to you. You might feel a bit worried about being vulnerable, specifically if you had bad experiences in your past relationships. When you are vulnerable and open, all those issues that were suppressed otherwise by you might come under your consciousness in a new relationship. So, there might be an underlying fear that will try to scare you.

But do not submit to your fears. In a new relationship, everything is new. As you keep judging them, depending on your previous experiences, it will not be fair to them and also to you.

Selflessness

Another definite sign of falling in love is selflessness. It happens when both the partners put both of their needs in priority while subordinating their self needs. You will tend to everything that you have in power to make sure that your partner is happy. This, in turn, provide your partner with a feeling of being cared for. It will make you feel happy as you have

successfully acknowledged your partner’s needs and fulfilled them.

Actual Beauty Comes From Inside

A very definite sign of being in love is the capability of seeing the inner beauty of your partner. During the initial days of a relationship, most of the attention is provided to outer beauty. As time goes by, as your love feelings start to blossom, you will start paying attention to your partner’s actual personality. You will learn to see their true internal beauty. With this thought, the saying ‘love can make you go blind’ is confirmed.

One-sided relationships can never help you. Even when you feel that living without your partner is not possible for you, and you keep them loving without any measure, unless both of you are on the same page, the relationship is aimless.

How to Cultivate a Meaningful Relationship in the Early Stages?

Let us learn some ways of cultivating healthy and meaningful relationships in the initial stages.

Being clear about your needs: As you meet your partner for the first time, both of you need to examine what you need from a relationship truly. Try to be as clear as you can regarding all that you want. This way, you can be on the same page with your partner from the start. The concept of this might seem alarming, but always learn to expect unexpected things. Your partner might also disclose similar needs or wants.

Have open communication: If you feel troubled with something, try not to hold the same inside you. If you just keep it inside, it can lead to a paranoid fear. Try to address the problems and have caring, quiet discussions for seeing your partner’s point of view. It is important for discussing together even minute issues so that they do not turn into something big.

It does not depend on being right or wrong; it is all about working together as a couple. As you address any issue with joint effort, finding resolutions will seem a lot easier. Just communicate what you are feeling with your partner.

Discussing your wants and dreams: Is your dream to build a small house on your own and live away from the city? Want to take a holiday of one year to travel every corner of the planet?

Do you want to write a book? Always share all your dreams with your romantic partner. Try to discover whether all your objectives can complement the objectives of your partner.

Try to find out if you both have common interests. It will turn out to be more fun when you start finding out the dreams of a person rather than discussing their general hobbies.

Accepting the minute aspects of yourself: If you cannot accept who you are, how can you expect someone else to accept you? We all have some specific aspects of ourselves that we do not like or the ones that we would like to change if possible. However, they are not important. The sooner you will be able to take a look at yourself and try to be happy with all those things that you see, the better you can do with your love and life.

Talking about major things: Discuss everything, from getting married to building your own home, from family travels to funds and children. Do not just wait for all these to happen. Try getting a head start and discuss the expectations of both of you from the early stages. Most couples try to avoid discussions of this sort as they fear their partner would not agree with them.

However, the sooner you and your partner can uncover all the differences, the sooner you will be able to work with a compromise.

Managing stress as a team: Stress is inevitable in our lives.

All that matters are the means that we put into use for handling it. When your partner feels stressed or disturbed, always be by their side as a support. Do not just try to fix all the issues on your own. Allow your partner to work through the issues on their own, in the way they like. Just let your partner be aware of that you are right behind them for providing all the required support. It will provide your partner with a feeling of care and support, the things that matter in a healthy relationship.

Offering thanks daily: It is very beneficial to have a mutual appreciation for one another in a relationship. It is also of prime importance to provide thanks for all the other life aspects. Remember, grateful people, are always happy. A couple that feels grateful for having each other can easily build a

strong and healthy relationship. No matter what your partner does for you, try to be grateful for that. Be grateful to your life for gifting your partner as constant support. It is the minute things that make our lives beautiful.

Be available: At times, when you need your partner, do you need them to be readily available for you? Or, will you just be able to handle the situation on your own by allowing your partner to prioritize something else before you? When you wish to be placed first, you will need to start by putting your partner in the first place. Always be ready to help your partner if they need help or you. There is no need to drop all your tasks whimsically. Just be sure of what you will do if your partner needs your support or help suddenly. All your actions during their need hour will help in setting the future tone.

Having dinner together: People tend to bond the most over shared food. So, try to get the most out of it. Plan a romantic dinner. Set up some nice music, dress properly, and connect.

That is all it takes. What you are going to eat does not matter.

All you need is the full and undivided attention of both of you.

Try to talk your heart out, laugh together, and make some good memories. There is no need for any fancy place to bond over dinner. You can set up a nice dinner at your home.

Working towards being a better companion: If you are like all other people, there are certain things that you would like to change regarding yourself. All these desired changes can help in affecting your relationship in a positive way. As you try to be a better person for the sake of your love, you are also trying to be better for yourself.

You are not required to settle. You can aim to develop your relationship and turn it into something that will persistently improve your life. When you are in a strong and happy relationship, it will start resembling all those things that you adore. You will need to concentrate on developing, learning, and continuously having the hope to improve. Remember that it is completely okay to have arguments with your partner. It has been found that all those couples who have arguments can develop better connections. No true relationship will look like a chocolate cake, with no flaws, and no arguments. You might think of arguments as a disappointment in your relationship. But, in actuality, they are the building pillars of a strong relationship. As you argue with proper consideration for one another, it

will indicate that you are invested in the relationship.

A strong relationship can be developed when two people cooperate with each other for building a life together. A solid relationship can be compared with a trinity; two individuals try to make other things more superior and profound to themselves while being their true selves. To develop a healthy relationship, you will need to develop yourself as an individual and not lose hold of yourself.

Enjoying To Be in Love

Have you fallen in love newly? Then, you must be feeling great at this moment! I have some nice tips for you that can help keep your love strong for a long time and get the most of your new love. To start with it, take enough time and space to enjoy your new love. It indicates that you will have less amount of time for your friend circle. Your true friends will surely understand this and be a part of your happiness. But, do not allow it to be a long trend. You will need to give attention to your friends too. Try to do all those things that you wanted to do for a long. With shared experiences, both of you can be together throughout your relationship. The base of a successful relationship is mainly built of shared experiences. Opt for going out together, watch movies, visit an amusement park, etc.

Make sure you show effort for knowing your partner’s friends and ensure that you introduce your partner to your circle of friends. Acceptance in the mutual friend circle can also depict a lot about how two partners can harmonize together. Invite your friends and make sure that they do not feel you both are not paying attention to them. Additionally, serious talks should not be opted out regardless of the prevailing romance. Do not leave a chance to celebrate the shared romance as it can provide you with the strength to fight bad times and sets up common ground. Conversations are of equal importance as experiences. Always share your deep-seated feelings with your partner and provide them the chance to know you well.

Chapter 10. Boundaries In Relationships

In our youth, we find that sharing is mindful, we find out about the brilliant standard (doing unto others as you would need them to do unto you) and we discover that it is imperative to be a good Samaritan. We, notwithstanding, get almost no messages and instruction about how to define individual boundaries and those boundaries are in actuality another expansion of self-esteem. Self-esteem is regularly likened to being narrow-minded. We regularly hear that it is so imperative to define boundaries with individuals, yet almost no insights regarding what characterizes boundaries and even fewer insights regarding how to develop, impart and execute boundaries.

Boundaries in nature can sound and feel recondite in nature. We should talk about what boundaries are and why defining boundaries can be incredible.

What Are Boundaries?

Boundaries are an instrument that guards us in relationships. Relationships can get chaotic and on occasion inconsistent without definition or reason.

Boundaries encourage us to make a solid rule that educates what practices are satisfactory and sensible for us to feel regarded and regarded. Boundaries encourage us to convey our desires in relationships to supply our emotional needs. Boundaries can secure us inwardly, monetarily, deeply, truly, and expertly. Think of boundaries like a thunder strip on the expressway. Thunder strips keep us on course and inside our course towards our excursion.

Boundaries retain us safely and inside the outlines of our relationships and aides us once more into safe outlines. Deprived of boundaries relationships can get disordered; tilting into a relationship trench is almost certain without boundaries as protected rules. Boundaries will assist us with exploring fellowships, feeling relationships, acquaintanceship, and expert relationships.

Do You Need to Create Boundaries?

You may need to make boundaries in your relationship. Can you relate to any of the following?

Feeling angry and disappointed because you feel exploited or slighted?

Do you frequently ignore your necessities and deal with individuals?

Have you been informed that you are an accommodating person?

Do you regularly feel like you are liable for others' bliss?

Is your relationship exceptionally tangled, charged, or appears to turn out to be effectively unstable or unpredictable?

Do you have an inclination that your needs are regularly not getting met in relationships?

Does it feel like your relationships would one say one is sided and regularly not responded?

Do you battle with distinguishing and requesting your requirements in a relationship?

How Do You Begin Creating Boundaries?

In all honesty, boundaries start with following your emotions and listening to your instinct. First focus on how you feel in your relationships. If you frequently feel uncomfortable and genuinely risky in relationships, then it's an ideal opportunity to focus on your senses. Start by choosing and defining how you have to feel in these relationships to feel respected.

Stage 1: Write down how you have to feel in relationships by defining your boundaries

It is difficult to have individuals regard your boundaries if you have not distinguished what your boundaries are. Initially start defining your boundaries by accounting for what you have to feel in every relationship. For instance, you can start to compose a list of "feeling" and activity words: Honored, Respected, Acknowledged, listened to, Validated, Reciprocity in relationships, Admired, and so forth. After you have accounted your list of feeling and activity words that would best mirror a solid relationship as you might want to encounter it, then start accounting with a list of practices that are undesirable and additionally ill-bred that is appearing in your present relationships for instance: Negative put-downs,

ridiculing, being used for money, having a relationship that is uneven and non-strong, and so on.

On the opposite side of this list account for a segment with positive practices that you would then need to appear to modify the unfortunate practices that are in your present relationship. For instance, you can list: I would require my companion to recognize my instant messages when I send them with a reaction, I would require my partner to forgo calling me annoying names, I need my mom to regard my “No’s” as no’s without squeezing me or causing me to feel liable, and so on. This list doesn’t need to be done at the same time, invest some energy tuning into your gut on this, and grow this list in a heartfelt manner. Remember that boundaries are ever-growing and what you need from relationships continually advance and change as you do.

Stage 2: Announce and illuminate your boundaries to other people The subsequent stage is to speak with others about your recently characterized boundaries. Alarming individuals of your boundaries ought to be conveyed when you are in an unbiased emotional spot. Imparting recently characterized boundaries when you are warmed, disappointed, or overpowered may land as a hazardous contention rather than a firm yet emphatic solicitation for what you need. Consider the use of the “I” Statement while conveying a limit to someone else. “I” explanations are articulations that emphasize self instead of utilizing “you” proclamations. “

“You” proclamations can trigger the other individual to get guarded or unfriendly. If I somehow happened to say, “You are in every case late and that is extremely egotistical and impolite, and I don’t care for it,” then this may trigger a guarded reaction.

If instead, you were to say; “I am frequently left unacknowledged and underestimated when I’m left holding up, I am asking that you put forth a deliberate attempt to be on time when we plan a trip, would we be able to speak increasingly about this?” Using “I” proclamations is certainly not an enchantment, however, it can kill what could be a warmed point into a progressively absorbable discussion for the two gatherings. When causing boundaries to impart what you will require from the relationship going ahead and for what reason and the outcome if the individual in the relationship doesn’t respect your boundaries.

You may likewise think about saying: “It would be ideal if you pardon me, I have not generally worked admirably on conveying my boundaries to myself as well as other people. I need to tell you that I esteem our relationship and might want us to take a shot at our relationship pushing ahead, I no longer feel sincerely approved in our relationship when I am offended by ridiculing and verbal put-downs. I am asking that you avoid calling me negative names.

If you keep on calling me offensive names, I will remind you, and if it endures, I will leave the room. I might want us to keep on taking a shot at making our relationship more beneficial.” Be prepared to report your boundaries by working out content for yourself if necessary. Another case of conveying boundaries is: “I perceive that I have not generally been clear with you about what feels solid for me in relationships, I am in a period in my life where I am rethinking my relationships and how to cultivate better associations. I care about our fellowship and I might want to request that you react to my instant messages when I text you. I frequently feel overlooked and unacknowledged when I text you and there is no reaction. I perceive that we both are occupied individuals and would ask that you drop me a line to say you are occupied and will hit me up when you can, this would cause me to feel increasingly esteemed and prized in our companionship. If you can’t consent to this current how about we keep on examining this issue for a collective goal.” It’s ideal to handle each limit one in turn with individuals, such a large number of limits spread out for an individual in visual cue may feel like a snare and overpowering for the other individual. Since you should catch up on holding these boundaries, releasing various boundaries at the same time can be mistaken for you to monitor their outcomes. Recollect you can steadily turn out boundaries for individuals.

Stage 3: Holding your boundaries.

The most significant piece of sound limit upkeep is holding your boundaries.

You can invest energy in distinguishing and declaring your boundaries reasonably and compactly yet if you neglect to keep on solidly helping individuals to remember your boundaries and CONSISTENTLY catch up with the outcome then your relationship will return to being undesirable.

Receive the messed-up account method with individuals and keep on

requesting what you need in a firm yet self-assured way. If you have said an outcome, then it is critical to finish on said boundaries. If you have told the other individual that you will leave the room or hang up the telephone when they are starting to call you names, then you may think about saying: " I have disclosed to you that ridiculing is annoying and offends me and doesn't mirror the sort of relationship I need with you, you are starting to call me undesirable names so I am hanging up here and now. Call me when you can speak with me without offending names. Farewell." Be set up to finish on the conveyed result the same number of times as the undesired practices proceeds. Remind yourself with self-made mantras that you merit regard and solid relationships, and you can just accomplish this through defending yourself and imparting your requirements in a predictable and sound way.

Having boundaries is realizing when to say "No" and request emotional and physical space. Boundaries are valuable for your mental and enthusiastic prosperity. Proceeding to recognize and impart your boundaries is a long-lasting procedure. Boundaries will develop and change as your emotional needs change after some time. Being a never-ending accommodating person frequently leaves you feeling angry, slighted, and unfulfilled. You have the right to be respected and completely considered in any relationship.

Boundaries are building blocks to self-esteem!

Chapter 11. Therapy And How It May Help You

First Time in Therapy?

The first time I attended a therapy session for my codependency, I went in with lots of ideas about what therapy would be like. Of all the ideas and expectations that went into that neatly arranged office with me, though, the most important and dominant was the fear of opening myself up before a total stranger. If you are seeking therapy as a codependent individual or an empath, your expectations won't be very different from mine.

Society raises us to be conscious of our nudity – it is part of our dignity as humans. But there is another type of nudity that we are very conscious of, that we badly want to protect – the nudity of our mind. One of the greatest achievements of nature is shielding our thoughts from the awareness of others. Life would be chaos if others could hear your thoughts as they hear your words. The closest people can get to know what goes on in your mind is to analyze your actions, to read clues on your face and in your speech, or to listen to you spill out your guts. Yet, many problems such as codependency and excessive empathy require that we speak up and be heard, to hear ourselves.

However, not many possess the ability to listen to and understand others, and this is why our closest friends may not be able to help us out. Luckily therapists – trained to figure out what is mentally or emotionally wrong with us – close this gap for us. Whatever name you want to call them, their roses always smell as sweet. Everyone knows that therapists can understand and help us by having conversations with us. So, when people are going into therapy for the first time, the fear is about sitting in front of someone who can see through you and help you affect life-saving changes. This notion is as false as it is correct.

The notion is correct because the moment you go into therapy, you become your own autobiography opened wide before the therapist to study. She can flip backward and forward, logically tying together events narrated in this book, notwithstanding that they are separated in both space and time. She may be able to find out that the seeds of your codependency were planted many years ago when you were still the young girl trying to win the approval of your alcoholic dad.

The notion is wrong because therapy is no magic, and therapists are no

sorcerers who can pull out your soul from your body. They are humans who can be wrong or right, just as you can. Therapy, therefore, can be equally productive and unproductive, depending on several factors.

Like you probably will, I went into my first session thinking I was going to someone who would see it all. Yes, she saw a lot but not all. I realized I needed to participate, to be willing to receive help, and make conscious efforts towards it. I realized I needed to play my part, to be at ease, to open up to my therapist. Only then was my therapist able to engage me meaningfully. Do not go into therapy thinking it will open you up to a total stranger. Instead, go into therapy, thinking it is opening you up to someone who can teach you how to help yourself.

Another thing you need to realize about your first therapy is that it is usually an introduction to your new relationship. Yes, when you are in therapy, you are in a relationship with your therapist. And no, I am not speaking of her duty of confidentiality to you or the professional relationship she has with you. I am speaking of a relationship of trust; it takes a lot to let go of the reluctance against spilling out your gut to someone you did not know before.

So, your first therapy session is usually to prepare the two of you for sessions to come.

Nevertheless, your first session can go deeper than just an introduction. You could dive into the main thing. Your therapist won't be expecting you to want to go deep, but like many persons going into therapy for the first time, you could find yourself too eager to share, to pour out everything, and expect the therapist to piece it all together. So, in such circumstances, your first session can be like your fifth or sixth when you are already familiar with your therapist and it's now convenient to share with her.

The Scope of Therapy Sessions

When in therapy, we often think our sole role is to answer questions. We think all we have to do is respond to the prompts of the therapist, to speak, listen, and accept what they say about us or our state of mind as the unquestionable truth. But this is wrong. Whether you are in your first session or the tenth one, you must know therapy is not one-way traffic. Some things go both ways, and asking questions is one of them. Do not be

the guy that will accept everything he is told hook, line, and sinker. Be the one that will ask questions and seek clarifications when his therapist is not making sense to him.

If you can ask questions during therapy, don't you also think you can equally disagree? Yes, you can. You can disagree with your therapist. This is what many who go into therapy for the first time do not know, but now you do.

And you must know this because your first session can go beyond its usual introductory nature. Why is it important to disagree? A therapist helps you understand yourself by tapping into their knowledge of human nature and experience in practice. They guide you towards a solution to your problem. But they are humans who can be wrong in their conclusions about you. Only challenging their assessment can help both you and the therapist find the right answers.

Therapy opens your eyes to a whole new book of details about yourself. It reveals the good, the bad, and the ugly in you. You knew all three existed within you, and that's why you went into therapy in the first place. But you are not going into therapy to judge yourself, to depress yourself with your guilt. Truly, your misery might have escalated because you refused to seek help in good time. Truly, you might feel guilty for having let your partner sink deeper into the abyss of alcohol addiction by seeking to please him all the time. But you are not going into therapy to feel guilty about opening yourself up. You are going into therapy to find a much clearer perspective of what is going on with you, to admit your fault where necessary, and to find an answer in the end.

Vivian, my therapist, was kind to have extended an invitation to me that very first night. Later, she told me she had to do it because I sounded like I was nearing a tipping point. So, I thought she was going to cuddle me, to pamper me, and not tell me the whole truth about myself. I was expecting her to be economical with words, with serving me the facts. But I was wrong. I was not in therapy to be cuddled. Cuddling prevents the achievement of the goals of therapy. It serves you half-truths about yourself and your therapist's assessment of your person. Therapy, therefore, cherishes frankness. Your therapists won't shy away from presenting the truth, the whole truth, and nothing but the truth to you at all times. A half-truth is as good as a lie and lying was what you had been

doing to yourself before coming to therapy.

Therapy, therefore, won't continue the façade.

Therapy can be safe or exhausting. What do I mean by this? Earlier, I mentioned that you are not in therapy to be judged. This is true although you will be telling a total stranger everything you probably have kept a secret for a long time. What you say in therapy can range from the adorable to the despicable. Yet, you will not be judged for it. This is the safety of therapy – it puts you at ease so that you can only wonder later how your therapist had got you to spill out your guts to him/her.

It is exhausting because you may find yourself making very little progress during a session. This happens where you need to deal with certain things, to have some issues resolved before you can move to other things. In situations like this, the repetitive nature of the questions being asked can be annoying. I remember Vivian trying to get me to tell her about my relationship with my dad. Throughout my adult life, that topic was never on the table for discussion. She did some explanations that convinced me I had to tell her about the early years of my life when I had to process many negative feelings related to my father's alcoholism.

Because therapy forces you to bare your soul; because therapists help you realize, on your own, the nature and impact of your actions; you may cry during a session. Remember, you are not going into therapy to be cuddled; you are in therapy to seek answers, and that starts with admitting certain realities about yourself. Crying in therapy is not necessarily a sign that you have done something evil – it is an indication that there is still a human within you, one that can feel compassion, not only for others but also for himself.

Many people go in for their first session thinking they will come out with their problem solved. As I have explained earlier, this is normal – we find out something is wrong, and we quickly want a fix. However, mending humans is never that easy. Even physical wounds take time to heal, and so do psychological ones. The desire for a quick fix is why the first session, which is supposed to be an introduction, can become like subsequent sessions. You must, however, remember that the cure is never immediate – the diamond had to burn under intense heat before it became precious.

I also found out that I felt worse after some sessions. In one of my sessions, I had had to admit to putting my ex-husband's interest over mine

because I lacked self-confidence and self-care. The more I resisted; the smarter Vivian had become in helping me realize that. She explained that what I felt was normal, that it was me simmering in one of my many realities, and that I would feel better much later once I realize the admission is the beginning of my effort to practice self-care.

Chapter 12. Tips For Handling

Conflict

If you don’t like something change it; if you can’t change it, change the way you think about it.” -- Mary Engelbreit

As everyone who has been in a romantic relationship knows, disagreements and struggles are inevitable. If two people spend a lot of time together, entangled with their lives, they are expected to disagree sometimes. Such differences can be large or small, from what to eat for dinner to whether the pair should move to a job or focus on childhood religious upbringing.

The mere fact that you clash with your partner is not an indication that your relationship is really troubled. In reality, fighting will strengthen your relationship when handled properly. You’ll never fix them if you never fight and never think about your problems. You can better understand your partner and arrive at a solution that works for both of you by dealing with conflicts constructively. On the other hand, disputes can also intensify and generate ill will without anything being resolved. How can you improve the chances of effective conflict resolution in your relationship? Here are 10 tips supported by research:

Deal with Conflict Immediately

Often people don’t just go out and clearly tell what disturbs them, but instead choose more subtle ways to express disgust. One person may talk to the other in a way that’s condescension and suggests underlying animosity. Sometimes, partners will mope and pout without really solving a problem. Partners can also simply avoid solving a question by moving subjects quickly when this issue arises or by ignoring it. These indirect ways of communicating wrath are not helpful, as they do not give a clear indication of how to respond to the person who is the object of behavior. They know that their partner is upset, but they do not have any instructions on what they can do to resolve the problem.

Make an Appointment to Talk

Statements that directly attack the character of your partner can harm the relationship especially well. If a man upset with the envy of his partner says,

“You’re totally irrational.” A more proactive approach is to use’ I declaration’ and pair it with’ compliance descriptions.’ I statement concentrate on how you feel without criticizing your partner and

comportment descriptions focus on a particular behavior that your partner does not have a character defect.

For instance, this man might say,' I'm irritated when you say that during an innocent conversation I flirt with someone.' These are direct tactics, but they do not challenge the character of your partner.

It should be noted, however, that in some situations these direct negative tactics can be constructive. Research showed that blaming and denying a partner during a conflict discussion was associated with less satisfaction in the relationship over time and tended to make problems worse for couples with relatively minor problems. A different picture emerged for couples with major problems: blame and rejection attitudes directly after the dispute resolution contributed to less satisfaction, but the problems changed over the long term and this resulted in an increase in relationship satisfaction.

Never say never

You should avoid generalizing your partner when dealing with a problem.

Statements such as "you never help yourself," or "you always look at your mobile phone" will probably make you defensive. Instead of encouraging a dialogue on how your partner can be more helpful or more cautious, this approach would probably lead your partner to produce counter-examples of all occasions when they were actually helpful or careful. Also, you don't want your defensive partner.

Be Specific about What You Need

You have to stick to one issue at a time if you want a constructive debate.

Unhappy pairs can pull several subjects into one discussion, a well-known conflict researcher, John Gottman, calls it "kitchen sinking." It refers to the old term" all but the sink "which means that everything was integrated. If you want to solve your own personal problems, this is probably not your strategy.

Imagine thinking about incorporating more physical exercise into your daily routine. You certainly wouldn't decide this would be a perfect time to think about saving more money for retirement, organizing your wardrobe, and figuring out how to manage an uncomfortable situation at work. You'd try to solve these problems one by one. This seems to be simple, but the battle over one theme can turn into a yelling session in the

heat of the argument when both partners exchange gripes.

Listen to your partner

It can be somewhat frustrating to feel that you don't pay attention to your partner. When you interrupt your friend or presume you know what they think, you don't allow them to express themselves. You can still feel like you are not listening, even if you are sure where your partner is from, or know what he'll say. You can prove that you're paying attention through active listening techniques. As your partner talks, paraphrase what he's saying–that's your own words. This can prevent misconceptions before they begin. You can also test your interpretation by ensuring that you correctly interpret the reactions of your partner. For example, "You seem annoyed by that — am I correct?" Such techniques avoid confusion and show your partner that you pay attention and care about what they say.

Don't automatically object to complaints from your partner It's tough not to get angry if you're attacked. But it doesn't solve problems with defensiveness. Imagine a couple arguing because their wife wants her husband to do more housework. If she suggests that he does a quick cleaning when he gets ready to leave in the morning, he says, "Yeah, that's going to be helpful, but I don't really have time in the morning." When she says that he's going to reserve for a while at the weekend, he says, "Sure, that could be a way to arrange it but normally, we have weekends and I'm working so it won't work." Another negative and protective behavior, when you respond to one of your partners ' grievances, is "cross-complaining." In answer to' You're not cleaning up enough around the house' for example with' You're a sweet freak.' However, you must listen to your partner and respect what they mean.

Take a different view

While listening to your friend, you have to consider their point of view and try to understand where they come from. Those who can take their partner's viewpoint are less likely to become frustrated in a conflict discussion.

Other research has shown that it can be helpful to take a more objective approach. The researchers conducted a simple marital quality intervention in one study which asked participants to write about a certain disagreement they had with their partners from the point of view of a neutral- third party who wanted the best for the two partners. Couples who

went on this 20-minute writing three times a year kept the marital satisfaction steady during the year, while couples who did not show decreases in satisfaction.

Don’t disdain your partner

Of all the negative things that you can do and do in a fight, the worst could be disdain. Gottman considered it to be the indicator number one of divorce.

Disdainful comments are the ones that are insulting your spouse. Sarcasm and name-calling may be involved. It can also include nonverbal conduct, such as rolling or smirking of your eyes. This action is highly disrespectful, and it means the partner is disgusting.

Suppose one partner says, “I wish you took me out more,” and the other partner replies, “Oh yeah, the most important thing to be seen and treated is to pay too heavy a price for small parts of food in a rip-off restaurant. Could you be more superficial?

Don’t become distracted by negativity

It may be difficult not to answer the bad behavior of a partner with even worse behavior. Nonetheless, encouraging this desire will only intensify the conflict. In case you and your partner have poor reciprocity consequences, that is,’ they are constantly exchanging angry insults and contemptuous remarks. So how much is pessimistic too much? Gottman found, in his study, that the magic number is a relation from five to one: people with five positive behaviors (for example, attempts at a good mood, warmth, and cooperation) were significantly less likely to have split or separated from each negative behavior four years later.

Know what time for a time-out is right

When you find that you or your partner do not meet the above instructions, consider taking some time off from your claims. A short time out to take a breath is somewhat adequate to relax a hot temperament. Conflict research shows that taking into account and managing your frustration is the secret to adequately coping with disputes. It can be constructive in your relationship to resolve your problems, but disputes must be properly managed or you risk exacerbating them.

Chapter 13. Communication

Mary had been restlessly watching the clock since 6:30, mindful that supper was quickly evaporating in the stove. “Where the hellfire have you been?” she raged. “Supper’s completely destroyed.” “Don’t begin with me,” Larry started briskly. “Don’t begin with me,” Mary copied wryly, then shouted, “Possibly, I’ll get done with you.” “Fine,” fumed Larry. “You do that. Life would be a helluva part simpler without your consistent bitching.” “Butt nugget,” shouted Mary. “Escape my face, bitch,” hollered Larry. While he inauspiciously opened his paper, Mary pummeled into the room.

Kevin and Natalie had gone through the day at the seashore. It had been a taxing week, and both were drained. The lapping of the waves and the warm sand hushed them, and for a couple of hours, they lay and read in affable friendship. Natalie started pondering how pleasant it is an attempt to proceed with this condition of concordance: “Hello, Kev, we should have supper at that little French eatery around the bend.” Kevin, in the meantime, was starting to feel fretful. His thoughts wandered to the unwritten report sitting around his work area: “Nah, I will accomplish some work today.” “Work!” shouted Natalie. “You’re continually working. Set aside a few minutes for me for a change.” “Jesus!” yelled Kevin. “What have I up to throughout the day?

Additionally, a few of us aren’t amateurs; we have employments that require some commitment.” “What’s that expected to mean?” requested Natalie.

“Since when is your valuable occupation stope a lot more significant than mine?” “Since I bring home to double the money you do,” Kevin answered.

“What a jolt. What chauvinist poop,” Natalie detonated.

Exchanges like these leave scars, yet it’s not simply the shouting battles that harm your relationship. It’s the mockery, the put-downs, and the verbally abusing. It’s the non-verbal communication of threatening vibe, the collapsed arms, and held jaw. After every collaboration, you feel more distanced. Your annoyance hurt, and frustration develop.

Pejorative communication between a couple disintegrates each partner’s confidence and makes common critical thinking practically incomprehensible. Clean communication, then again, secures confidence and makes a sheltered spot for chipping away at issues. Clean

communication implies assuming liability for the effect of what you say. It implies being straightforward as opposed to lying or telling misleading statements; it implies being ended as opposed to leaving significant bits of the communication implicit, and, generally significant, it implies being steady: encouraging intimacy and seeing as opposed to protectiveness and distance.

Ten Commandments of Clean Communication

If you follow these fundamental rules, you'll for all intents and purposes take out pejorative communication in your organization. All the while, levels of hurt and outrage will incredibly decrease.

Dodge Critical Words and Stacked Terms

These are the humdingers, the words that pass on to your partner that the person is defective. "All out the absence of effort ... immature behavior ... uncooperative ... that self-included style of yours ... acting defenseless ... poor-me demeanor ... negligent as common ... an all-out vessel ... playing charming little Shirley Temple." These words assault and subvert feelings of worth. They have no spot in relationship transport between caring partners.

Avoid Worldwide Marks

Worldwide marks are summed up as the judgments of a partner's character. The individual in question is "idiotic, chauvinist, insane, narrow-minded, apathetic, pointless, shrewd, a bitch, or a butt face." Notice the assault isn't on your partner's behavior yet on your partner's individual. It passes on the message that the individual is awful—as of now as well as usual. When they're conveyed, worldwide marks feel right and just. They feel like appropriate discipline. However, the result is lost trust and lost intimacy.

Keep Away From "You" Messages of Fault and Allegation

"You're never home on time ... You never go anyplace with me ... You leave me all the work ... You never ask what I need ... You're much more

intrigued by your work than me." The embodiment of a "you" message is essentially this: "I'm in torment, and you did it to me." And there's typically this subtext: "You were terrible and wrong for doing it to me." Consider how the "you" message appears differently concerning an "I" message.

"You" message: You're continually ruining our night by appearing late.

"I" message: When you get back home late, I feel dismal about missing the night with you.

"You" message: You're never here when there's work to be ended.

"I" message: I feel drained and disturbed when I set some staple goods aside alone.

Notice in the "I" message that there's no immediate articulation of causation, and there's no accusing of your partner.

Stay Away from Old History

Clean communication sticks with the current issue; pejorative communication tosses mud from an earlier time. "You did this to me a week ago and a month prior at Barbara's home. And afterward, there was New Year's, a similar condemned thing." The message is: "You're awful, you're awful, you're awful. You've generally had this defect, and it's no beating that." Sometimes the past can give a valuable perspective, a longitudinal perspective on an issue. However, references to old history are usually simply constructing an argument against your partner. You're meeting proof to underscore the reality of their flaws. A basic principle to follow: never raise old history when you're furious. Outrage goes references to the past in a club as opposed to a source of illumination.

Evade Negative Examinations

Clean communication doesn't cause your partner to feel terrible about oneself. It's intended to support, not hurt. It should resolve as opposed to dismissing. Negative examinations settle nothing. Their sole ability is to rebuff and assault.

Keep Away from Dangers

The fundamental message contained in danger is: you're awful, and I will rebuff you. "If you go to your sister's, don't expect me here when you get back ... If you can't do a straightforward fun thing like go out to see the

films with me, I know a lot of other men who will ... If you can't say something pleasant when I return home, perhaps we should simply overlook leaving this end of the week." The "you are terrible" message is sufficiently disturbing, yet the purposeful expectation to hurt is enormously damaging to your relationship.

Depict Your Feelings as Opposed to Assault with Them

When you portray your feelings, you use explaining words to make them understood. "I'm dismal and sad ... I feel a longing to be closer ... I'm feeling rather hurt and pulled back ... I'm shocked and humiliated." Notice that the depiction straightforwardly distinguishes the feeling. Assaulting with your feelings implies using your effect as a weapon. Your voice gets uproarious, cruel, compromising, briskly antagonistic, wry, or needling. When you're conveying neatly, you keep your voice as close as possible to typical volume and enunciation. Accordingly, your partner can hear what you're feeling without being overpowered or clubbed by it.

Keep Non-Verbal Communication Open and Responsive

Your body says how willing and open you are to convey. When you have squeezed lips or a tight jaw, when you are scowling, squinting, or turning away in a questionable or sickening way, your body is stating boisterous and clear that you would prefer not to impart. You are additionally blocking communication when your arms are collapsed or when you're inclining ceaselessly or pointing a blaming finger.

If you need your body to express yes to open communication, keep a great eye to eye relationship, gesture while you're listening, keep your arms uncrossed, slender somewhat forward if you are sitting, and keep your face free and loose.

Use Whole Messages

As depicted before, whole messages comprise of observations, thoughts, feelings, and needs. Observations are impartial statements of reality, without decisions or surmises. "Recently it came down constant from 10:00 till 3:30 ... Science classes start tomorrow ... I'm going to discover what Beth is wearing before I go this evening." Thoughts are your convictions, suppositions, hypotheses, and translations of a circumstance. Thoughts are not passed on as essential fact of the matter, however, as

your own theory or understanding of a circumstance. “My thought was ... I thought about whether ... I’ve presumed that ... I stressed that ... As far as I could tell was ...”

“You’re investing an excessive amount of energy at work” isn’t a fitting method to communicate thoughts in a whole message. It transforms your supposition into an unadulterated fact of the matter. “I sense that the balance is off; I think you have to invest more energy at home.” Here, the speaker assumes liability for her own supposition and doesn’t attempt to make it the expression of God.

The feelings of some portion of the whole message can regularly be the most significant segment, particularly between personal partners. Feelings don’t fault; they are basic depictions of your emotional say.

The fourth piece of the whole message is to communicate your needs.

Nobody can understand what you need except if you let them know, so communicating your needs is significant. Not even the individuals closest to you can guess what you might be thinking, regardless of the amount they love you. “I feel awful. OK, please get up with the infant? I need a break.

We should get some lunch ... Let me have an hour alone to recuperate from work” are, for the most part, articulations of requirements or needs.

Significant exchanges to your partner ought to consistently be as whole messages that unmistakably isolated your observations, feelings, and needs.

Forgetting about one of these segments brings about a halfway message.

When you take your jacket to the laundry or your vehicle to the carport or when you’re purchasing another pair of shoes, you can impart adequately without including data about your feelings and emotional needs. However, when it’s significant that you and your partner see one another, you can’t forget about anything—you have to portray the observations that prompted certain ends, the feelings about an occasion, and your craving for something to change. When there’s a great deal in question sincerely, and you should be understood, a fractional message gets hazardous.

Use Clear Messages

Clear messages separate observations, assessments, feelings, and needs.

Sullied messages blend or mislabel these segments to make hurt and disarray.

A lady who mockingly says to her partner during supper, “You’re chatty not surprisingly,” may imagine her statement is a basic perception. However, the perception is defiled with passing judgment on thoughts, feelings, and needs.

A more exact statement would incorporate each of the four segments of a whole message: “I notice you’re really tranquil this evening (perception). It makes me believe you’re not keen on me (thought), and I feel hurt and somewhat furious (feeling). I’d truly like you to chat with me more (need).”

Sullied messages lead to estrangement and distance. You know there’s a whole other world to the message that is in effect plainly expressed, yet you’re not so much sure what it is. It’s less than something is forgotten about, as in an incomplete message, yet that what’s said is incognito or camouflaged.

Chapter 14. How To Build a Mindful Relationship Habits?

Narrow Perspective

Broad Perspective

Daily tasks

Life goals

Irritations and resentments

Deep connections with others

Getting through the day

A sense of purpose

Needy

Centered

Anxious

Calm

Emotionally closed

Emotionally open

Self-centered

Part of a greater whole

Of course, there is a time and a place for both perspectives. No one can live in the big picture all the time. Even monks have to wash the dishes. That's how mindfulness practices were developed in the first place. When Buddhist monks had to take a break from meditation to do necessary chores, they tried to stay in the meditative mindset by focusing intently on what they were doing. It might seem like a paradox, but just paying attention to the present moment is often all it takes to switch your perspective to the big picture.

Eight Habits to Cultivate

Here are some mindful relationship habits you can start cultivating right away:

Practice, loving-kindness.

Own your feelings with “I” statements.

Find out what makes your partner feel loved.

Practice daily acts of love.

Tell your partner what you need.

Take care of yourself.

Disconnect from digital devices.

Be open to vulnerability.

Practice Loving Kindness

The mindful way to begin any conversation is with loving-kindness. This doesn’t mean you can never raise any issues with your partner or that you must avoid conflict at all costs. Loving-kindness isn’t fake and doesn’t require you to suppress your real emotions behind a plastered-on smile.

Own Your Feelings with “I” Statements You may have heard about the benefits of using “I” statements rather than “you” statements. Even if you’ve heard it all before, the benefits are real. “I” statements take ownership over your feelings rather than projecting them onto your partner. They are much less likely to make your partner feel criticized or attacked, so they are much less likely to trigger an adverse reaction.

Using “I” statements instead of “you” statements is mindful and a form of mindfulness training in its own right. To develop the habit of using “I” statements, you’ll have to slow down and think about everything you say to your partner before you say it. The act of slowing down and paying close attention is the basis of every mindfulness exercise, so you can improve your ability to be mindful just by making a conscious effort to develop this habit.

Find Out What Makes Your Partner Feel Loved

People don’t all express love in the same way because people don’t all want to receive love in the same way. When both partners are giving the type of love they yearn to receive, they’ll both feel unloved unless they happen to yearn for the same thing. It’s like they’re speaking different languages.

According to Marriage Counselor Gary Chapman, most People Fit into one of five “Love Languages”:

Words: The use of loving words such as compliments, supportive statements, or romantic expressions.

Time: Spending time fully engaged with each other without distractions of any kind. This can be as simple as playing a board game together or going for a walk, as long as your attention is entirely on your partner.

Presents: Giving and receiving gifts such as jewelry, flowers, chocolate, journals — anything the other person will enjoy receiving

Service: Doing things for the other person, like getting a glass of water or running an errand

Touch: This can be anything from a hug to sexual intimacy.

Some people are more focused on cuddling and physical closeness, and some are more focused on sexual touch, but either way, the physical connection is central.

The easiest way to find out what makes your partner feel loved is just to ask, but if your communication has broken down, this may not be so easy. If your partner isn’t in touch with their feelings, they might not even be able to articulate what they need.

Practice daily Acts of Love

Once you know which love language your partner responds to. You can work that language into your daily life. For example, you could set aside a little time every day to give your partner your undivided personal attention, or you could take one errand or chore off their hands every day. You could make a point of coming home with flowers or other little gifts. You could make sure to hug them often and warmly.

Tell Your Partner What You Need

Expecting other people to be mind-readers is rarely effective and usually results in bitterness and resentment on both sides. Remember, your partner

is probably trying to tell you how they feel even if you can't hear them — it's just that they're speaking in their love language rather than yours.

For example, perhaps you feel unloved because your partner is always giving you gifts you don't even want but never gets you a glass of water or carries something massive for you. Your partner is trying to speak the language of gifts when the language you understand best is service acts.

Remember to talk about your feelings, not their actions. "I love being held and need more cuddle time" has a good chance of being heard, but "you never want to cuddle with me" does not.

Take Care of Yourself

When you rely on your partner to provide everything you need in life, you put far too much weight on the relationship, and it inevitably suffers under strain. Of course, you want your partner to add something extraordinary to your life that wouldn't otherwise be there, but that doesn't mean they can meet every unresolved need you've ever had. No one can make you "feel whole" if you don't feel whole already.

Disconnect from Digital Devices

Everyone knows that digital devices are convenient, entertaining — and frequently distracting. If they weren't so good at claiming your attention, you wouldn't use them in the first place. Unfortunately, these devices have become so effective at claiming our attention that they alienate us from the people we love the most.

This means disconnecting from digital devices when you're spending time together.

Many people find it helpful to try to follow these rules: No device is used when you're having dinner together.

No device is used when you're on a date together.

Scheduled "no device" time whenever you both have the day off. You may not be able to shut the device off all day, but you should schedule as much device-free time as possible.

Do things outside like going for a walk together, and don't bring your devices with you.

Whenever possible, talk in person rather than send text messages.

Digital devices continually pull you away from the present moment. Every time you hear the alert and check your smartphone to see who texted you, your attention is drawn away from whatever you're doing at that moment.

Digital devices always encourage you not to be mindful, and disconnecting from them will make it much easier to stay focused on your relationship.

Be Open to Vulnerability

This means two things at once: be open to your partner's vulnerability, and be open to your own. Vulnerability and intimacy go hand in hand. If you don't trust someone enough to show them who you are, how close are you ever likely to be? Vulnerability feels dangerous because someone who knows your inner weaknesses can take advantage of that information and do you serious harm. That's why it isn't usually a good idea to jump into an intimate relationship too quickly. Sharing vulnerabilities or asking you to do so too quickly is a red flag. Someone who does this might be a potential abuser trying to get a hook into you.

Conclusion

Anxiety in relationships is a serious issue that is often brushed off or ignored. It’s natural to feel anxious in new relationships, but it can be detrimental if one person in the relationship has more anxiety than the other. Read on to cope with your anxiety better and discover how to help the other person who may not be dealing with it as well.

A romantic relationship is supposed to make you feel safe and secure. It’s supposed to be, for the most part, a safe place where you are comfortable with revealing your feelings and yourself. Anxiety in relationships can work against that ideal and can turn the whole thing into a living nightmare.

While anxiety has many causes, it is generally an overwhelming feeling of worry or dread that we cannot escape. We all experience it in our lives at various times and for various reasons. However, if you are anxious in your relationships, especially if the other person is not as anxious as you, then there are some things to keep in mind and do to get through this difficult time together.

Anxiety in Relationships Book is your guide to overcoming the root causes of relationship anxiety and how to build the trust you deserve.

The current struggle with modern relationships can be overwhelming at times. The majority of people will experience a time when they feel anxious during their relationship, whether it’s small-scale anxiety or generalized levels of fear and worry that disrupt their daily life together. These feelings are so prevalent that almost everyone will have these worries at some point during their relationships with significant others, significant other’s friends, or acquaintances.

While many books address the problem from the perspective of a therapist, they rarely delve into the issues at hand. In this book, you will gain insight into what causes anxiety in relationships and how to overcome it.

Anxiety in Relationships Book is a comprehensive book that provides a variety of techniques that can be applied immediately to change your life for the better.

The book provides individuals with tools to cope with anxiety in their relationships, which can sometimes be overwhelming and challenging. Tapping into the information provided in this book would help those identify why they are experiencing anxiety, as well as discover what they need from themselves and their partner for them to have a functional relationship. It is important not only for those dealing with anxiety disorders but also for couples who want a healthy relationship overall.

Some people are afraid of flying, spiders, or heights. The key is to acknowledge your fear without letting it rule you. The book also stated that couples need to communicate with each other and help each other find ways of dealing with the anxiety within a relationship.

There are many ways of overcoming anxiety within a relationship, which can sometimes be overwhelming and challenging. Tapping into the information provided in this book would help those identify why they are experiencing anxiety, as well as discover what they need from themselves and their partner for them to have a functional relationship. It is important not only for those dealing with anxiety disorders but also for couples who want a healthy relationship overall.

The book suggests that readers work through the steps included in it to overcome their anxiety. This way, they can develop a healthy relationship.

Empath And Narcissist

Introduction

We will start with what a narcissist is and how they behave to help you identify if you are in a relationship with one. A person with a narcissistic personality disorder has an inflated sense of self-importance, an intense need for admiration, and a lack of empathy for others.

Empaths are people who can feel the feelings of others, whether it be physical or emotional pain. They are very sensitive to life's stresses and often project their feelings onto others. They can also be drained by other people's energy which is why they need time alone to recharge their own energy tanks.

An empath will have trouble achieving goals because they act based on the emotions of others instead of their own personal desires or needs. They have difficulty making good decisions because their judgments are affected by the value system that they absorb from the people around them. This is why they may attract narcissists, which leads to unpredictable behavior.

Narcissistic individuals project their failings and shortcomings onto others. They play on the emotions of others and use those emotions to weaken the resolve of their victims while using them to fuel their narcissistic supply.

Many narcissists act unkindly because they believe it is their role in life to be treated cruelly to make others feel inferior or worthless. That is why they are often cruel when rejected, unappreciated, or humiliated by others.

Having empathy comes from having strong self-confidence. A narcissist with a working relationship with their own ego is likely to have trouble managing an empath because they expect to be their source of supply and will become angry when the empath chooses a different source of narcissistic supply.

To make matters worse, narcissistic individuals cannot form healthy attachments. Their emotional absence makes it difficult for them to know what is happening in your life and they tend not to care if something happens to you or not. They can be very kind at times but they are more concerned about pleasing themselves than doing what's best for others.

If you have been a victim of a narcissist, I hope you will be able to recognize the traits that are described below. They can be subtle in the beginning, but with time, like a pressure cooker, they will blow up in your face.

The first thing you should know about narcissists is that they have a very high opinion of themselves. You can see examples of this behavior on social networking sites such as YouTube or Facebook where narcissists post hundreds of videos or status updates each day. Most are lies and exaggerations designed to make others feel small and insignificant while making themselves appear larger than life.

Narcissists will do anything to make you feel "less than," so much so that they will lie and exaggerate about themselves. They are very good at lying because they lack empathy and therefore care little for the pain they cause when lying or betraying others.

If you try to correct them or confront them with the truth, they may tell you that isn't important enough to really deserve the truth.

Narcissists feel entitled to be treated like royalty and are quick to use their position to take advantage of others.

They will use any means possible and even lie to get your support or attention, then discard you just as quickly when their supply runs out all because of the attention they can't get from others.

While some narcissists are high on the hierarchy of the social strata, most have been rejected by people in their past and therefore don't have any real social skills or experience in relating to other people.

One of the reasons they have trouble relating to others is because they are very self-centered. Narcissists rarely come together as a community because their primary focus is getting attention from others. Because they are comfortable with being in isolation, they may appear less social than those around them who prefer to socialize with a variety of people.

Narcissists are starved for attention and will do whatever it takes to get it,

even if it means trying to manipulate others.

They are good at saying just enough to seem interested but don’t really understand what other people are saying. Instead of relating to others, they rely on other people sharing details about themselves to feel important or understood.

This is why narcissists gravitate toward narcissistic supplies such as money, power, or fame.

The more narcissistic supply you provide them, the more attention they will give you in return.

Chapter 1. What Is Empathy?

Empathy, the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings and thoughts of another.

An abstract or general idea that one person can translate into a physical form for another. An artificial social process created by companies to make you feel better about their brand.

A word that carries no meaning without someone to define it - empathy is something you create for yourself each day and share with others when you see fit. Put in all your effort when you are feeling it most and make sure to be as open as possible with your perspective.

“Empaths are multi-sensory beings who see “beyond the veil” of people’s persons and feel other’s innermost emotions as their own.”

Unknown

Empaths are a form of highly sensitive individuals that are known for being able to energetically experience the energies of other individuals. Rather than simply experiencing the emotion of empathy, Empaths can emotionally, mentally, and physically sense and feel another person’s experience. This enables Empaths to be highly sensitive toward other people.

What is an Empath?

An empath is someone who can feel other people’s emotions, without any effort. Empaths often have trouble controlling their own feelings and are often even emotionally drained by the people they interact with daily. This can make an empath vulnerable to becoming overwhelmed by those around them. Empaths can also be prone to having their energy drained by close relationships or places such as grocery stores or malls.

What causes an Empath’s energy drain?

Empaths tend to have a hard time separating themselves from the feelings of those around them, which can lead to extreme emotional vulnerability and exhaustion when trying not only to block out your own emotions but others as well.

How do you deal with the Empath’s energy drain?

Empaths will need to spend more time alone to recover from their own emotional sensitivity and insecurities. Being around others can cause the empath to feel drained, so they need to spend time alone. There are also a variety of techniques that can be used or developed to help deal with this type of problem.

Empathic abilities are typically hereditary; people who do not have this trait often have no idea how they feel around others until they experience it for themselves. As a result, these people are often labeled as crazy by an outsider.

Examples:

Aura (film) – Character: Ravi, played by Patrick Fugit. A teenage boy who suffers from "empathy fever," a condition that makes it impossible for him to function throughout his adolescence unless he is in constant contact with his mother and his best friend, Erica.

Ashton Kutcher's character in the film "What Happens In Vegas" is an empath. Ashton's real-life affair with Demi Moore was fueled by his empathic ability to read her emotions and draw them out of her, which made their relationship dysfunctional and ultimately destructive to both their lives.

Harry Potter – Character: Voldemort, played by Ralph Fiennes. Empathic wizards who have telepathic abilities and can see and hear things that other people cannot.

Tyler Durden's character in Fight Club is an empath, which is why he can see Tyler's thoughts without physically being present.

Annette Kellerman – Character: Tina, portrayed by Jennifer Jason Leigh. An empath who suffers from frequent seizures; can also help others with their headaches or even find out what someone ate for breakfast just by sensing what they are thinking about at the moment.

Joey Gardner – Character: Joey Gardner in The Butterfly Effect (2004 film), played by Ethan Hawke.

Scientific Explanation

From a scientific standpoint, Empaths are thought to have hyper-responsive mirror neurons. Mirror neurons are a group of specialized brain

cells that are responsible for helping individuals feel compassion. These cells enable the individual to actually mirror the emotions of other individuals, allowing them to share directly in the other person's experience. Through these mirror neurons, Empaths can feel when other people are feeling things as well. For example, if your spouse is hurt, you may be hurt as well. If your dog is elated, you may begin to feel elated as well. If a plant is thirsty, you may begin to feel thirsty as well. This mirror neuron system allows individuals to experience high levels of empathy toward others, and it is believed that they are highly active in individuals who are considered highly sensitive Empaths.

Electromagnetic fields are generated by both the heart and the brain in individuals. It is believed that these fields are capable of transmitting information about an individual's thoughts and emotions to those around them. Empaths are believed to be highly sensitive to these electromagnetic fields and are capable of picking up on them and recognizing exactly what information is stored within these fields.

Another reason why Empaths are believed to be so sensitive toward other people is through emotional contagion. Emotional contagion was found in research that showed that people generally pick up on the emotions of those around them and then many will experience and express those emotions themselves. This is what causes an entire ward of babies to begin crying after just one baby cries for any particular reason. So, if one baby is upset because they are hungry and begins crying, the rest of the room will likely begin crying simply because they heard someone else crying. Though, later in life, many people learn to block out these feelings or stay focused on their own.

Empaths, however, can actually feel these emotions and will regularly experience and express them themselves as well, especially if they are unaware that they are being picked up from their environment and not personally created.

Shamanic Explanation

Shamans believe that Empaths are highly gifted healers. Because they can sense and feel the emotions, thoughts, and physical experiences of those around them, Empaths are extremely talented at being able to create a deep connection toward others. This allows them to have an accurate understanding of what another person is going through, thus supporting

them in creating and facilitating healing that will actually work for the other individual.

Many Shamans believe that Empaths are specifically meant to be healers.

They believe that this is not just a gift they have, but a duty they have here on Earth. Shamans believe that being an Empath means your innate calling is as a healer and that you should pursue this life path. Through being an Empath, it is believed that you can discover mental and physical illnesses in individuals in a unique and accurate manner, allowing you to facilitate healing that will truly provide healing to the other individual. When trained and refined, the skill of the Empath is extremely precise. They can also move into the energetic and emotional state of the other person without personally taking on the individual energies, allowing them to "step in" and"step out" of the other person's experience with the sole purpose of gathering information from them.

To follow the shamanistic lifepath of an Empathic healer, an individual must be properly trained. Operating as an energetic healer when you are an Empath can result in you being left wide open to energies that can drain and overwhelm you. It can also result in poor boundaries that leave you susceptible to being energetically attacked by energy vampires, narcissists, and others who may lack empathy and are known to exploit those who have a plethora of it, such as Empaths.

Life and Spiritual Purpose of Empaths

Many believe that one of the biggest reasons Empaths are here on Earth is to promote and facilitate healing to the general collective. For years, Earth has been overrun by people who lack empathy and who are unable to feel genuine emotions for other people. These individuals are believed to be responsible for corrupting governments, creating a toxic corporate industry, and otherwise leading the human race in a very monotonous, emotionally-void manner that starves humans of their basic needs. It is believed that Empaths are here to protect us and save us from that.

Empaths often choose to pursue paths that align with some degree of healing.

They will either focus their efforts on healing one individual at a time, such as with alternative energy healing practices or counseling, or they will focus their efforts on healing large organizations at a time, such as through massive charities or activism.

Although the exact life and spiritual paths of each Empath will vary slightly, the majority are here to heal and reawaken consciousness. They are actively working toward shifting us all toward a better society that supports each individual, promotes and honors emotional wellbeing, and allows us to thrive throughout our lifetimes.

Being an Empath means you are not like the rest of the people who are continually abusing and destroying Earth and everyone and everything that lies in their path. It means that you are here to heal and save us from these experiences. It may feel like a massive burden, but understand that it is actually a gift to be proud of. And, since more and more Empaths are incarnating on Earth at this time, you now have access to a great support system that can help you in bringing your missions into completion in reality.

You will no longer have to hope and pray for better outcomes because you and the rest of the Empaths that you connect with will all work together to bring a brighter future to Earth and all who inhabit it.

The Pros and Cons of Being an Empath

The pros of being an empath are that you can experience the emotions of other people, feel their pain, and cheer for their successes. You can be a great friend or loved one to someone. You're more connected to the universe and nature, allowing you to feel the vibrations around you if only for a brief moment.

The cons of being an empath are that you end up carrying everyone else's baggage which is also weighing on your own moods and mind space. Empaths often have a hard time controlling their thoughts as well as controlling other people's emotions. Their heightened awareness means they don't want anything blocking out the world, so they may seek sensory deprivation instead of overstimulation.

Chapter 2. What Empath Are You?

Types of Empaths

Emotional Empath

One of the most common archetypes of Empaths is the emotional Empath archetype. Emotional Empaths are known to easily pick up on the emotions of those around them, allowing them to feel the effects of the emotions as if they were yours. This can result in you deeply experiencing the emotional body of others, potentially even expressing and feeling these emotions as if they truly were your own emotions.

As an emotional Empath, your most common symptoms will be that you seemingly randomly pick up emotions that make no sense. For example, say you are shopping at the mall, and there is someone in the same store as you that is feeling intense sadness. You may pick up on this and feel an overwhelming need to cry despite not having a strong understanding of or reason for why this is happening.

Another thing emotional Empaths tend to feel symptoms from is their living arrangements. As an emotional Empath, you may find yourself feeling victimized by the people you live with. Family members or housemates who have overwhelming energies or emotions may create distress for you in your own home. For many Empaths, this can make being at home feel unsafe and uncomfortable. For example, if you have a housemate who tends to be angry and unhappy with their life, you may find yourself regularly picking up on their anger. For you this can resonate as anger within yourself, feeling as though you are now angry as well even though you may not entirely understand why. Furthermore, you may find yourself feeling scared because the amount of anger you feel and the power behind it may feel overwhelming. Therefore, whenever that particular housemate comes home, you may find yourself feeling stressed out, scared, and unwilling to participate in household activities. Simple things such as going into the bathroom to shower or going into the kitchen to get water may feel overwhelming. For some, it may even feel like you

are constantly trying to hide from that person to avoid feeling their energy. Even though you can feel it from afar anyway, you want to minimize how much you feel by creating some level of distance between you.

For any human, this type of living condition can be overwhelming and stressful. It can create a sense of feeling like you do not belong anywhere and feeling like there is nowhere safe for you to be. Home is a place where you should feel comfortable to hang your hat and find peace and quiet. It should feel like a sanctuary where you can relax and recharge, not a place where you have to be on your toes constantly prepared to deal with any emotional outbreak that may come your way.

When it comes to being an emotional Empath, you must take the time to learn how you can differentiate between your own emotions and the emotions of other people. If you are not actively capable of doing this, you may begin to feel as though your Empathic abilities are burdensome because you are exhausted from being on an emotional roller coaster that almost certainly does not belong to you. Seeking support and enforcing tools that can assist you in recognizing your own emotions versus the emotions of others can be extremely valuable in supporting your ability to master your Empathic abilities.

Physical or Medical Empath

Empaths that are capable of picking up on the physical sensations and symptoms of others and feeling them within their own bodies are known to be physical Empaths. These Empaths may follow the path of becoming a medical Empath because they have an easier time recognizing and diagnosing ailments in individuals due to their ability to feel what their patient is feeling.

As a physical Empath, you will recognize symptoms such as being able to feel sensations of an ailment that someone is describing to you. For example, if your friend complains that they have a headache, you may immediately begin to feel a headache coming on. This is because you are picking up on the sensations that your friend is experiencing. This does not have to be verbalized, however, for your gift to activate. For example, if someone is in your vicinity who has cancer, you may be able to tell and know exactly who it is without ever having been informed of this ailment, simply because you can feel and sense it.

When you are a physical Empath, you must learn to ground and connect to your own sensations to refrain from feeling and holding onto every single ailment that you hear about or connect to. If you are not careful, you may feel as though you are in a chronic state of pain. Many physical Empaths will be diagnosed with chronic pain conditions such as fibromyalgia for this very reason.

Geomantic Empath

If you are a geomantic Empath, this means that you can attune to the energies and emotions in an environment or place. So, certain places may make you overwhelmingly happy even though you may have been feeling completely neutral coming into the place. Alternatively, some may give you an overwhelming feeling of sadness, anger, frustration, uncertainty, fear, or otherwise. These are all symptoms of being tapped into your environment and drawing on emotions and energies from it.

Empaths who are attuned to geomantic energies regularly need to spend time in nature to relieve themselves from the energies they are experiencing. Being in nature can support them in feeling calm and comfortable, allowing them to rest and recharge so that they can go back into the world and feel safe and secure.

Plant Empath

Plant Empaths are exactly what they sound like: individuals who are highly attuned to plant energy. Individuals who are known to be plant Empaths seem to naturally have a green thumb, being able to easily care for any plant effortlessly with minimal support or prior information. Individuals who are plant Empaths can sense what a plant needs or wants, allowing them to find the perfect environment for that plant to grow in, as well as in knowing when to feed and water the plants.

If you are a plant Empath, you may feel like you receive guidance directly from trees and plants. This is typically sensed by hearing or knowing what they are trying to transmit to you within your mind. As a plant Empath, you may find that you pick up information directly about the plant’s needs, as well as wisdom about life in general. Keeping a lot of contact with plants and trees and spending time in forested nature is a great way to keep your Empathic senses nourished and grounded.

Animal Empath

While virtually every Empath has a strong connection with animals, animal Empaths have an incredibly powerful one. Individuals who are animal Empaths will generally devote their entire lives to animals in one way or another. They may do this by becoming an animal whisperer or behavioral trainer, taking care of animals through volunteering at organizations, or even becoming veterinarians.

Animal Empaths typically spend as much time with animals as possible as this supports them in feeling connected to their purpose in life. They may find the study of the biology or psychology of animals to be fascinating, possibly even pursuing it to support their mission of supporting animals in every way possible. Because of their gifts, animal Empaths are especially capable of talking to animals in a paranormal way, as well as discovering what ailment they may be facing so that they can promote healing within the animal.

Claircognizant or Intuitive Empath

Intuitive Empaths are known to be claircognizant. This means that they intuitively "know" when something is going on. They can easily detect when people are lying to them, they are able to sense the true emotions and intentions of others, and they can draw information from virtually any person, place, or thing. These individuals are talented at "just knowing" when something is up. Many might claim that they have a strong gut sense or sixth sense that supports them in reading their environment to get accurate feedback from it. Most empaths have these abilities to an extent but not to the level of an Intuitive Empath.

If you are an intuitive Empath, you will also need to make sure that you learn how to step back out of experiences after you have stepped in. You may find yourself stepping into other people's experiences accidentally or naturally, particularly if you are not trained. Knowing how to step back out will allow you to "turn off" the inner voice from time to time so that you can ground and enjoy your reality in addition to being able to use your Empathic gifts as needed.

The Wounded Healer

The wounded healer is a secondary archetype. This means that you can be any other one of the archetypes (or even multiple) and then have this archetype as well. Unlike the others, however, this archetype can be

healed.

In fact, if you recognize that you have it, it should be healed.

Wounded healers are individuals, who are believed to have suffered a great deal of misery and trauma for their Empathic gifts in past lives. They may have also suffered within this lifetime too. As a result, they have grown to see their gift as a curse and may feel drawn to attempt to sabotage it or hide it to refrain from being further hurt. This actually hurts the Empath, even more, resulting in them not feeling empowered to pursue their life and spiritual missions. Some common symptoms of a wounded healer include: hiding their gift, viewing their gift as a curse, undervaluing themselves when sharing their gift, sharing their gift with the wrong people, or otherwise allowing their gift to essentially curse them.

Healing the wounded healer archetype comes from spending time understanding what caused this secondary archetype to arise in the first place.

Then, once you have, you can begin to heal accordingly. If this is from vows you have taken in past lives, you can work together with a past life regression healer who can support you in breaking these vows and empowering your current life. If these are from undervaluing yourself due to being disempowered during your current life, you may want to work together with another healer who does not presently suffer from the wounded healer the archetype that can support you in feeling more empowered within your gifts again.

The wounded healer is extremely common and there is no shame in realizing that you may suffer from this secondary archetype. If you do, be sure to seek support in releasing it and know that you are not always going to feel this poorly or wounded around your gifts. You can feel empowered once more.

There will also be more information on overcoming this later in the book.

Heyoka

A Heyoka is an ancient Sioux Native American spiritual practice that is believed to exist to act as a bridge between the spiritual and earth-bound realms. The role of the Heyoka is to travel in search of lost souls, guided

by Spirit’s visions which they then deliver back. They are often known for wearing masks, paint, or other disguises and will mock society to see its true ills.

A Heyoka Empath is someone who can transmit emotions to other beings. We can feel a wide range of emotions and then send it out with a stronger intensity. This intensity is transmitted through our thoughts, body language, and feelings. A Heyoka empath’s sensitivity can create situations where we are perceived as “too sensitive” or “emotional.”

Chapter 3. Finding the Balance

Empaths and narcissists share the common trait of being able to sense the emotions of those around them. This gives both empathy and an advantage in social situations, but it can sometimes cause narcissistic individuals to use their ability for personal gain. The two groups can practice together for mutual benefit, engaging in activities like yoga or sports. One group might learn how to shield themselves from others' feelings while a second group learns empathy through understanding what it feels like when others are feeling certain emotions. One group might practice quieting their mind while another practice sending an emotion to another person. It may also be beneficial for both groups to learn how to feel the emotions of those around them without judgment. If you're an empath, consider learning from a narcissist how to use your abilities for personal gain and with finesse. If you're a narcissist, consider working with an empath to better understand others and when it's appropriate to use your skills.

When Empaths and Narcissists are in a relationship, it can be difficult to know how to make the other person comfortable. The following practice includes mental, physical, and emotional exercises that can help support the needs of both parties in this type of union.

Individual practices through meditation, sports, and more may improve the well-being of the empath in the relationship. These practices can help strengthen emotional resilience and improve relationships with others.

Physical exercises will not only build stronger muscles but also improve flexibility, balance, coordination, endurance, and reflexes. Empaths and narcissists alike can find benefits from regular physical activity such as jogging or swimming.

Meditation can be used by those sensitive to energy in order to strengthen their ability to handle stress and manage emotions. If you have problems sleeping, meditation may help you fall asleep faster and keep the benefits.

Through meditation, we can open our minds and thoughts so that we can keep our bodies open even while seemingly sleeping. Using a guided program like this can help us become more aware of our feelings so that those feeling aren't felt as strongly.

Deep breathing exercises to reduce stress and anxiety are also an important part of maintaining a healthy relationship with empaths and narcissists alike. By learning to slow down or control our breathing actions, we can make it easier for the brain to process things on a deeper level.

This allows our minds to relax and not react to certain situations so quickly or with as much intensity. This can help us to think things through more rationally rather than react to them.

Keeping the body in balance with a mix of physical exercises and mental training can help empaths and narcissists alike in their relationships. The practice should be uniform enough to allow both parties to find some relief from the emotions that they feel from each other.

Pair exercises or individual practices through meditation, sports, yoga, deep breathing exercises, and more can improve the well-being of the empath in the relationship. These practices can help strengthen emotional resilience and improve relationships with others.

In order to keep up with the demands of both parties, relationships between empaths and narcissists may be perceived as struggling. However, relationship struggles can be managed with these types of exercises that will improve communication and strengthen the defense for both parties.

A great way to improve communication between empaths and narcissists alike is through assertiveness training. Through this type of program, we can increase our confidence in asserting ourselves when things aren’t going the way we’d like them to in our lives.

This can help those with weaker ego boundaries and weaker self-esteem to maintain their individuality in the presence of others. A program like this can also be used to help us accept criticism without feeling threatened or offended.

By learning how to listen to feedback and take criticism responsibly, we can work at strengthening our willingness to accept our own faults. These exercises will not only strengthen our mental muscles but also improve our physical health and well-being in the process.

7 Boundary Exercises for Empaths and

Other Sensitive People

1. Become aware of how you are currently being

For this exercise, make sure you are free from distractions…

Visualize a situation in your life where you know you have boundary issues. For many of us, that is probably most situations. Choose a situation where you might take on someone else's stuff or would normally feel depleted or drained. It may also be a situation where you feel as if you are giving your power away to someone else, or a situation where you get swept along with another person's energy. It could be someone you know or simply a type of character who keeps showing up in your life at work or in public. So, close your eyes and visualize this situation where you have a boundary issue. Relax, let go and take a moment to feel into it. Explore the following questions without judgment.

As you visualize the situation, what do you observe about yourself?

How do you feel?

What are you finding challenging or stressful?

What is going on for you?

Notice if the energy of the situation changes. Write down your observations.

Keep watching the situation. Next, notice how you perceive the other person is being. How would you describe their energy? Write down your observations.

Try this visualization several times over days or a week. As you become more aware, write down what else you notice, things that perhaps you didn't quite see before. Once you have made general observations about what you are feeling, get a sense of the exact moment that you lose your boundary. Keep writing and exploring as you delve deeper into this exercise.

As well as using visualization (which is easier for some than others). You can also carry out this exercise during any real-life encounters throughout the week. It would be helpful to use a mixture of real-life encounters and visualization of situations. The more you do this, the easier it will become to observe yourself.

You will know this step is complete for you when you have a clearer picture of how you have been operating in everyday situations. At this stage, we are not trying to change anything, but simply watching and noticing. Observation along with the awareness it brings is a powerful precursor to lasting change.

2. Boundaries for empaths are your birthright & owing your body

Close your eyes and take a moment to contemplate that your boundaries are completely your responsibility and no one else.

Feel your body and acknowledge that it is YOUR body and your responsibility.

You may not yet have taken control or even considered that it was an option for you (it is common for empaths to feel that way). Contemplate that you have been given complete charge of what is right for you and what is not. Feel the energy of that.

As you acknowledge that this is your right, feel any power you've given away in the past, through lack of boundaries, coming back to you.

Feel that energy filling your heart or your body. If it helps, you might like to visualize it returning as light.

Know that boundaries are your birthright and that you are in charge of them. Know that your body is yours and you have been assigned complete charge over it.

3. Empath Boundaries: Deciding what is acceptable for you and what is not

Find a quiet space and take a moment to close your eyes.

Contemplate what is acceptable to you and what is not.

What feels right for you?

What energy doesn't feel right for you?

Make notes about what you feel, to help bring it deeper into your awareness. For some of us, we might just feel energy, without words. If that is the case, just feel the energy and allow an inner acknowledgment of what is OK for you. The process of acknowledging to yourself what is acceptable, will help to strengthen your boundaries in everyday situations.

Once you've contemplated this through meditation, then make a conscious effort to notice in any following encounters with people, how you respond

when something is not acceptable for you.

What comes up for you?

How does it make you feel?

What do you do in these situations?

Make notes.

4. Learning when to say no or to speak up

Close your eyes and contemplate a situation where you are being over-powered. Or where you feel you need to summon the courage to say ‘no’. How do you feel about phrase it? What might you say to express the truth of how you feel? Write down a few ideas of ways of expressing what comes naturally to you.

I know communicating with people in this way is often a lot easier said than done. It takes practice, although it gets much easier with time. It’s about self-respect. It’s about giving other people the opportunity to know the ‘real’ you.

Note: if someone is really power hungry, bear in mind they won’t like it if you step into your power, because they rely on power from other people (especially empaths) to ‘feed’ their hungry ego. Once you begin to change, this sort of person will either change to meet you or they will naturally fall away.

Contemplate a situation where you feel you need to say no (or to let someone know they are crossing the line with you). Know that you are being held in a safe space, with the support of Mother Earth, Angels, or your Spirit Guides (whatever resonates with you). Feel the energy of the situation and then feel the appropriate response arising from you.

It may not always be easy to say no in everyday situations. Saying no takes practice (and often courage). It will help to visualize situations, whilst feeling safe and protected first. If you have an encounter where you wanted to say no, but didn’t, then, later on, close your eyes and go through the situation again in meditation. Feel the scenario again, except this time, say what you feel moved to say. Notice how your energy changes. Allow your power to return to you. Doing this will then allow your resolve to strengthen. It will prepare you, so when you are ready, you will find yourself more able to say no or express your truth in more challenging situations.

5. Empath Boundaries: Learn to trust yourself

Take a moment to close your eyes…

Relax and let go of the breath.

With the out-breath exhale and release doubt and lack of self-trust.

For a few breaths, continue to exhale out feelings of doubt. If you struggle to feel the feelings, then simply repeat the words out loud and push the words out with your hands.

Push this doubting energy out with your breath (and hands) and continue as long as feels right for you.

Once feel clearer, begin to feel the fullness of yourself.

Feel your intuitive gifts.

What does that feel like?

Feel yourself filling with self-trust and self-belief in these gifts. If it helps, say the words ‘I trust myself’, ‘I trust my intuition’, ‘my feelings are valuable’.

Take as long as you need to keep feeling your positive energy expand and fill you.

You might not always have the answers, but this will help you see more clearly and learn to trust your intuition. It will also help you to discern what is actually right for you (and others).

Whenever you find yourself in a situation where you start doubting yourself, take a moment and use the short meditation that we’ve just done in step 5. Breathe out doubt and inhale self-trust.

6. Putting our own oxygen mask on first – the importance of loving yourself

Take time every day – and I mean EVERY day, to do something to love yourself. It can be something small or something huge (or a mixture of both).

It might be just fleeting moments for example…

a momentary pause to stop and close your eyes

a conscious breath of air

allowing the song of a bird to nourish the soul

appreciating the silence in the stillness of the night

feeling the sun kiss our cheeks

feeling the gentle breeze running through our hair

stroking a cat or dog

smiling to ourselves in the mirror

noticing how beautiful the trees look outside

stopping to smell some beautiful flowers

These momentary pauses all nurture the soul and should be a part of our day.

There are lots of ways to take care of ourselves that require a little extra time…

a little (or long) walk outside

painting

drawing

writing

singing

a warm bath with essential oils

having a massage

spending time with good friends

creating food from the heart

yoga

meditation

sitting doing nothing for a while

listening to inspiring music

We all know what nurtures us. And when we nurture ourselves, the ripples really do pulsate outwards.

7. Putting empath boundaries into practice

Empaths tend to be highly sensitive persons because they absorb much

more than most people do, and they process this input with their emotions at a higher rate.

The more information an empath ingests from other people’s energies, the more likely they are to take on their worries and problems as their own. To avoid being overburdened by those around them, the empaths need to practice setting boundaries to protect themselves.

Chapter 4. What Is a Narcissist and Why You Should Avoid Them

Narcissism is much more than just a character trait that a loved one can have. In fact, it is a diagnosable disorder. In the world of therapists and mental health analysts, narcissism displays itself as what is known as a narcissistic personality disorder, NPD for short.

In the scientific community, those that have narcissistic personality disorder demonstrate their lack of ability with empathy as well as an overwhelming sense of self-importance.

If you know someone that you suspect of having a narcissistic personality disorder, then you have probably seen them emit a lack of

empathy, grandiose behavior, and even a desire or need to be admired by those around them.

Have you ever considered your partner to be self-centered, demanding, arrogant, and manipulative? If your answer is yes then you have just outlined characteristics that describe a person who suffers from NPD. These character traits are exhausting for anyone to deal with in small doses and they can make it hard for a relationship to survive. Particularly when the partner has fantasies beyond reality.

These fantasies can include the need for success, fame, or unrealistic standards of beauty. They might even believe they deserve special treatment.

Characteristics of narcissistic personality disorder (NPD) appear as an individual enters the stage of early adulthood. It displays itself no matter where the person is, and it can affect both their work relationships and personal relationships.

NPD sufferers have the notion that they are superior in existence, and due to this, they try to align themselves with other people that they believe are special or gifted. Why? Well, self-esteem and pride are very important factors for a person who suffers from NPD. Associating with people they deem superior boosts their self-esteem levels. Typically a narcissist’s levels of self-esteem are fragile and need to be constantly bolstered.

Your partner will look for constant attention and affection from you, and they will be constantly trying to get confirmation of your admiration for them. Irritability and anger can ensue when your partner feels like you are criticizing them. A narcissistic partner struggles with feelings of humiliation after they have been subjected to insult and injury in the form of rejection or even a defeat in something.

The symptoms of a narcissistic personality disorder can vary, but the disorder is generally found in a combination of five or more of the following:

A preoccupation with delusional fantasies of grandeur, success, intelligence, power, beauty, and even romantical aspirations.

An exaggeration of their own importance

A belief that they are unique, and only other unique persons or organizations can relate to them and understand them.

A constant need for attention and affection from those around them.

Disregard for others feelings and emotions

A lack of any empathy

An expectation that they deserve special treatment Has secret envy towards others, but portrays it as the other party's fault

Displays arrogance in behavior and attitude toward others.

These are the most common symptoms that occur in someone with a narcissistic personality disorder. They do not all have to be prevalent at once, but you normally see a combination of any of the above five in someone who has NPD.

Both males and females can be affected with NPD, however, research has shown that 65 percent of all the people diagnosed with NPD are male. This means that males have a higher chance of being afflicted by narcissistic personality disorder.

Part of the reason that NPD is not diagnosed until the beginning stages of adulthood is that the traits above can often be displayed in young teens. Just because a young teen displays characteristics shared with those that suffer from NPD does not mean that they too will have it. They may or may not develop NPD as they age into maturity.

I know this is a lot of information to take in, so you can write down notes you want to keep fresh in your mind. But I want to stress that you must understand how NPD affects your partner. You might choose to stay or leave based on the information that you learn, so you need to know what you are facing and understand what you have been dealing with throughout the duration of your relationship.

A person that has NPD has their own self-image distorted. Have they seemed happy one minute then broody the next? This is due to the emotional havoc occurring in the mind of a narcissist; they can often be unstable and experience strong and intense emotions. Remember, vanity plays a big role in a narcissist's life.

Some people mistake NPD for egocentrism because they are so closely related, but there are key differences. Egocentrism is where people view their own beliefs, ideas, values, and interests as the only ones with importance. A narcissist differs from this because they do have an interest in others' feelings, thoughts, ideas, and opinions. This interest is just severely limited as a narcissist cannot empathize. So, they fail to understand or feel the emotions of another person - even their partner.

Some More Facts About Narcissists

There are a million different versions and ways that NPD has been explained through the years, and in fact, the term narcissist has been alive for many years. If NPD is not a new idea, then why are so many people unaware of it?

Unfortunately, a narcissistic personality disorder is often mistaken for conceit, and people tend to not empathize with those that appear full of themselves. Therefore, many people do not seek to understand the mind of a narcissist until they have been intimately exposed to the disorder.

There are a lot of interesting facts to learn about narcissistic personality disorder. For example, the term is derived from a character that exists in Greek mythology. The character's name is Narcissus. Do you see the word resemblance?

Narcissus was a beautiful and handsome Greek god in mythological times. Unfortunately, he treated those around him with contempt and was rather

vain. A young nymph named Echo fell for Narcissus, and when he rejected her advances she wilted away.

Nemesis was the goddess of revenge, and so she decided to make Narcissus fall in love with his own reflection. This is where the term narcissist is derived from.

As previously mentioned, those with narcissism tend to have overt and high senses of self-worth and self-importance.

If you live with a narcissist you have most likely experienced that they react quickly, and it does not take much to anger or irritate them.

There is a difference between vanity, conceit, egoism, and narcissism.

For someone to be diagnosed with narcissistic personality disorder, the above-mentioned symptoms should demonstrate themselves as chronic and persistent over time.

There is a difference, as well, that exists between self-worth and self-esteem. Our self-esteem is what we think and feel about ourselves. It is our internal dialogue regarding our own feelings and emotions toward our actions, thoughts, etc. But, self-worth is the sense that one has of their value in this world.

Narcissistic personality disorders belong to a larger group of disorders that have been coined “dramatic personality disorders.”

Remember when I said that men are most likely to develop NPD?

Well, the National Institute on Alcohol Abuse and Alcoholism did a study regarding narcissistic personality disorder and how it affects people. They published their findings that found that 8 percent of all men and 5 percent of all women will develop NPD during the span of their life. That is a lot of people! There are of course other groups that are more at risk of developing NPD, such as younger people who have never married.

What Are Their Traits?

We have already dived partially into the world of traits and characteristics. But there are still a wide range of behaviors that someone with NPD can display.

Feelings of jealousy that crossover into extremities Expectation rather

than hope for special treatment An intense desire for the attention of those around them Exaggeration of accomplishments and talents

Exaggerations of their own importance in the world

Easy to provoke into feelings of hurt and rejection Struggles to keep healthy long-lasting relationships Has no regret over using others for their own means and gains

Habits of disregarding feelings of others while elevating their feelings

Ideas that they are skilled in the art of romance Anger and humiliation are automatic responses to social interactions that do not occur as planned

A need for praise from others

A feeling of overconfidence in their world

There are common traits that all narcissists will share. Many people view a narcissist's goals as selfish goals that only benefit the narcissist themselves. Other words that are often used to describe someone with NPD are self-obsessed, cold, arrogant, conceited, and mean. While these descriptions can be true, it is important to remember that the person does have a disorder, and finds it hard to curb or modify their behaviors.

First and foremost, narcissists are dangerous. They're more likely to cheat or exploit others, less likely to be loyal, less honest, and more likely to have a difficult time holding down a job. Narcissism is also associated with several mental health problems including depression and substance abuse. So it's no surprise that the dark triad traits of narcissism (i.e., psychopathy/sociopathy/narcissistic personality disorder) are the most common personality type among serial killers.

Because narcissists are so dangerous, narcissists are also socially undesirable. That is, people find them disdaining and contemptible.

So if you don't want to be treated with contempt by others, it makes sense to develop a healthy detachment from these people. But developing healthy detachment requires you not then become hyper-vigilant about others' appraisals of you. And that's the challenge: Is there any way that unearned and undeserved negativism can be seen as "healthy"? I mean, would you call someone with a personality disorder "healthy"? Of course not. So why would we want to call them "healthy" or "sane"?

But then, why do we often grant such people the status of mental health professionals?

Think about it. A dishonest and/or exploitative person is not motivated to expose dishonesty and exploitation. However, to maintain their image of honesty and exploitation (i.e., their self-image), they must pretend that they're honest and exploitative. So if you ask a narcissist whether they're honest or dishonest, they'll say that they're honest. If you tell them that your experience has been otherwise, they'll insist that you don't understand honesty because you are not as honest as they are (i.e. they are not as dishonest as you think they are).

It probably feels good to exploit others because it makes you feel powerful (i.e., self-enhancing). But it's based on an illusion of power.

Intellectually, we can understand the illusion of power that narcissists are trying to create. Unfortunately, many people lack the philosophical or psychological wherewithal to identify and manage their narcissistic personalities so that they don't end up harming (or being harmed by) other people. As a result, narcissists are often seen as mentally healthy individuals who deserve to be trusted and respected by others.

Chapter 5. How an Empath Should Avoid Narcissists

In the spiritual world, narcissism is a very damaging and harmful entity that exists all around us. Narcissists are people who do not have empathy towards others or any form of kindness in their souls. They use people for their personal benefit and will abuse anyone to get what they want without an ounce of guilt or regret.

In the physical world, narcissism can be equally as bad if not worse because it does not exist in a “spiritual” form. A person with narcissistic tendencies will come across as extremely self-obsessed and uninterested in anything outside themselves which can be very destructive to any relationship they are involved in - emotionally, socially, or physically.

Narcissists behave this way because they lack basic human morals. They have a terrible fear of being hurt when in reality they are the ones causing the pain. They tend to use people as a means to an end which makes them unable to see what is wrong with their actions and what they are doing. The problem with narcissists is that even if someone does see through them and tries to break away, they will find new ways of making themselves important and using up said person.

1. Don’t Sensitize To Narcissism:

This is a huge first step that can seem very difficult at first. What you have to do is learn to not listen to the things a narcissist says and does. They will feed off of any and all attention they can get so if you react or respond by agreeing or even complimenting them, they will keep going.

In order to be able to ignore a narcissist, you have to place them in a completely different light than you would normally see someone. You cannot let their words sink deep into your consciousness because it only allows them access into your mind which can lead to many problems. The only way you should acknowledge their existence is if it is absolutely necessary for the life of your own self.

Also, it is important that if you do make any kind of attempt at staring down a narcissist to make the person aware that this is not acceptable.

2. Avoid The Person:

Avoiding a narcissist is a constant battle in itself because they will use every single moment and turn of events to make it seem as if you are a part of their selfish world. They will constantly make you feel obligated to them and often try to drag you into trying to verbally abuse or verbally attack the person they are speaking about when in fact that person has done nothing to you. Don't willingly associate yourself with people who have negative relationships with narcissists or you will find yourself in pain very soon.

3. If You Do Feel That You Need To Talk With This Person Again, Be Careful:

This is something that I experienced two times and it was a horrible experience both times because they were more than willing to make the whole thing about them.

However, the whole thing was turned back on me. The people who called me out on what they said were told everything I had said and done and then proceeded to put it all back on me. It was a horrible experience because the people who were facing this situation are not "bad" people. They have done nothing wrong in their life and yet they suffered because of someone who has nothing at all to offer anyone else except for pain, lies, deceit, and hurt.

4: Keep Your Eyes Open:

There are a lot of ways that you can tell if there is someone around you who is trying to lure you into getting closer to them to use you for their own purposes. Here is a list of things to look for:

- They will attempt to make everything about them.
- They will use emotional tactics to manipulate you into doing what they want.
- They will try to turn your words on you. If you say you don't like something, they will try and make you feel bad for it. If you say that something is wrong they will attempt to turn it around so that everything revolves around them instead of the other person or the facts at hand. It is important to recognize this as quickly as possible and address it before people start believing their words rather than

your own.

- They will take credit for things they have not done.
- They will go as far as to make you feel that you owe them something.

Narcissistic Manipulation and Abuse What Is Narcissists Abuse?

Chapter 6. Narcissistic Manipulation and Abuse: What Is Narcissists Abuse?

People with Narcissistic Personality Disorder (NPD) often don't seem to love themselves. They are driven by shame. It is their idealized image, and they convince themselves to reflect their admiration. But from the bottom up, narcissists and people with NPD feel the gulf between the facade they present to the world and the self-based on shame. They work hard to avoid being ashamed.

This gap also applies to other co-parents, but the defense mechanism used by narcissists can damage interpersonal relationships and cause pain and damage to the self-esteem of relatives. (Understand the characteristics needed to diagnose narcissistic personality disorder (NPD).

The coping mechanism of some narcissists abused, so it is called "narcissistic abuse." However, someone can be abusive but cannot be a narcissist. Addicts and people with other mental disorders, such as bipolar disorder, antisocial personality disorder (social condition), and borderline personality disorder, are also targets of abuse. The same is true for many companions without mental illness.

Abuse refers to misuse, regardless of the abuser's diagnosis. If you are a victim of abuse, the main challenges you face are:

Identify it

- Establish a support system; and
- Learn how to strengthen and protect yourself
- The abuse may be emotional, mental, physical, financial, mental, or sexual.
- Here are some examples of abuse you may not have discovered: Speech Attack

It includes understatement, bullying, accusing, blaming, humiliating, demanding, ordering, threatening, criticizing, sarcasm, raging, opposing, sabotaging, interrupting, blocking, and addressing. Please note that many

people occasionally request, taunt, interrupt, object, criticize, accuse, or stop you. Before marking it as narcissistic abuse, consider the context, malice, and frequency of the behavior.

Manipulate

Usually, manipulation indirectly affects someone's behavior and improves the manipulator's goals in some way. Usually, it means secret aggression. Think of "wolf in sheep's clothing." On the surface, these words seem harmless and even complement each other. But below, you will feel mean or hostile. If you have experienced manipulative growth, you may not know it this way.

Emotional Blackmail

Emotional blackmail may include threats, anger, warning, intimidation, or punishment. It is a way of manipulation and will arouse your suspicion. You feel fear, obligation, or guilt, sometimes called "FOG."

Come On

Intentionally make you not believe in reality or think that you are mentally incompetent.

Competition

Competition and singles always stay ahead, sometimes through unethical means, such as cheating in games.

Negative Contrast

There is no need to make comparisons to make you a negative contrast with narcissists or other people.

Damage

Interfere with your work or relationships for retaliation or personal gain.

Development and Objectification

Use or exploit you for personal purposes regardless of your feelings or needs.

Lie

Continued deception to avoid responsibility or to achieve the narcissist's own goals.

Withholding tax

Deduct money, gender, communication, or affection from you.

Ignore

Ignore the needs of children for whom the abuser is responsible.

Including child hazards, placing or placing children in a dangerous situation.

Invasion of Privacy

Ignore your boundaries by looking at your things, phone calls, and emails; deny your physical privacy or track or follow you; ignore the privacy you require.

The Narcissist’s Target

If you find that you are a victim of narcissistic abuse, it is the truth: it is not your fault, because the narcissist is the ultimate emotional predator. So far, you may have heard of narcissistic personality disorder, but someone does not need to have a mature case of NPD to have enough narcissistic traits to make it dangerous. You do not seem to be involved in him, but he is interested in you.

One day, when you flirted with this man, you thought you were great, and the next thing you know, you are in a tense and firm relationship, you don’t remember what happened.

You have what the narcissist wants (money, power, status, lifestyle). There is a unique dynamic at work in relationships involving narcissists. It starts with a hook—a dream, usually a goal you think is about you, but it’s all about control for the narcissist. Sometimes a narcissist can be helpful, and then, when things cannot be resolved, the table opens. Once you get into trouble or try to hold him accountable, the tension will only escalate.

You have the nature of a caregiver and have a strong need to help others. This relationship seems to be a match made in heaven for some time, but it is a shortcut to hell. At the beginning of the relationship, the caretaker’s generosity and friendliness were expressed. Donors have personal preferences, and as the center of the universe, they can satisfy the selfish needs of emotional vampires. However, as relationships become more intimate, narcissists absorb the relationship’s time, energy, and resources while gaining control.

You have a sympathetic and compassionate character.

Of course, you will listen and want to help, but if you find yourself saying: “I just want to be friendly...” and more and more, and if you feel that some people are used to it, then it is likely to be unhealthy Case.

You grew up in a dysfunctional environment. It may be challenging to spot border violations in your past, which may cause you to ignore your instincts when someone violates your trust. Narcissists don’t like boundaries. If a person is incapable of setting up, retaining, or being blamed when broken, the predator will feel his weakness and use it for his benefit. Sometimes narcissists act like heroes, but they do not encourage their partners to be independent or empowered, but rely on their help.

You are lonely and feel an urgent need to find love. The mantra of the narcissist is “find the need, meet the need.” People with low self-esteem are more comfortable to control than those with high confidence. At first, this intensity felt good because it can be confused with passion, but narcissists cannot be transparent. Slowly, the intensity diminishes, and your indifferent and planned character makes you wonder what is wrong and try to find a lover you think you know.

Narcissistic and Manipulation

A narcissistic personality disorder is “a mental disorder in which people exaggerate the importance of themselves, and there is also a great need for admiration. Those with narcissistic personality disorder think they are superior to others, and they rarely consider other people’s feelings. However, behind this mask of extreme self-confidence hides the fragile self-esteem, which is quickly criticized.

The supply of narcissism is a form of psychological addiction and dependence. The narcissist needs (requires) continuous importance, “special treatment,” confirmation, and comfort to make him (her) feel good about himself. This endless desire to become a “scaffold” largely explains the self-esteem, entitlement, and self-absorption of narcissists.

The Anointed Knows All This

Narcissists may place themselves at home, at work, or in a social environment, as “knowing everything,” “expert,” or “authority,” continually marginalizing, correcting, and invalidating the views of others. The common sense of the narcissist is also a frequent talker and distracter.

It’s worth noting that even if they didn’t criticize or correct your point of view, they might listen briefly and then return to what they were saying as if what you said didn’t matter at all. You exist only as a convenient tool for its supply.

The Leader

Narcissists may position themselves as a relationship with themselves or establish relationships with people who allow them to regularly control, judge, criticize or marginalize. Narcissists feel self-satisfied by controlling and conquering others.

Narcissists obtain their supplies by “saving” others, thus claiming to be “essential saviors,” which is a variant of this social rule.

Merit Medal Collector

Some narcissists deliberately choose professional efforts, so that they are often appreciated and feared. In this case, the main reason for the narcissist’s choice is “superiority,” “important,” and “special,” rather than sincerely contributing to the greater good.

People Who Violate the Border

Narcissists may regularly use their charm, persuasiveness, or compulsiveness to force people to give them what they want, even if this is unilateral and unreasonable. Some people especially like to manipulate other people to make them surrender to themselves. Here, the supply of narcissism is based on the fact that others succumb to the narcissist’s exploitative influence, which they regard as “winning” and self-affirmation. They use many pathological narcissists, not relevant.

Majestic Show-Off

Some narcissists continue to show off, lose their names, brag about their identity, or “bragger” to express how beautiful and beautiful their lives are to gain praise, recognition, and social media attention. They deliberately make others envy what they have to make themselves feel better.

Habitual Difficulties

Some narcissists deliberately and persistently have difficulties, are uncooperative, and confrontation, even if doing so is unreasonable and unnecessary. Here, the supply of the narcissist is the power of perception from fear and dislike. From the poison and distortion of the narcissist, it is better to be a thorny thorn beside others than to be no one.

Chapter 7. What Narcissists Love About Empaths

Most of us who have been researching and reading about this topic for some time will have noticed that there are similarities in the kinds of victim narcissists select and target. Narcissists know that people who are strong, self-loving, and confident, with well-defined and clearly demonstrated boundaries, won't tolerate their nonsense. So, they look for people who appear to have a weak sense of self, a strong sense of social responsibility and generosity of spirit, or who appear to be extremely anxious to please others and treat them fairly and ethically. They may also choose victims who are deeply compassionate and therefore unwilling to give up on relationships easily, even those which are clearly extremely toxic. Empaths are absolutely the perfect candidate for the narcissist's next victim.

Empaths, by our very nature, are hard-wired to fix people and difficult situations and to generally make everything better for everyone. So, despite their unkind and judgmental comments about spiritualism, fairies, unicorns, and the hippies who believe in them, narcissists love nothing more than a conscientious light-worker who sees the best in everyone and will probably fight tigers to prove that there is a spark of goodness in everyone. So, while the average empath is looking at the narcissist and thinking, "Don't worry, whatever you do and whatever you say, I see the God in you. I believe in you, and I know that one day you will too," the average narcissist, is simply thinking, "Yum, lunch!"

What narcissists love about empaths, apart from the incredibly high volume of energy they usually channel, is the fact that they will endlessly and repeatedly forgive them for their angry outbursts, gas lighting, sabotage, and for the general culture of tension, darkness, disapproval, and unease they generate around us regularly. It's important to remember that many empaths are also healers and, as such, they are unwilling to admit or accept that anyone can be unfixable. Apart from self-love and self-soothing, another of the great lessons that empaths are often forced to learn through entanglement with a narcissist is the fact that however hard

we try and however much we love someone and believe in their Buddhahood, not everything can be treated with Reiki, chanting and soul-retrieval, at least, not within the scope of a single lifetime.

Narcissists know that the desire to fix everything and everyone, is the Achilles heel of the empath, and you might even find that, as the relationship progresses, mentioning tarot, ancient aliens, or just about anything they imagine to be related to the “stuff you’re into” could easily become a part of the narcissist’s hovering technique. Narcissists know that their hoovering can be minimal with an empath. All they really need to do is to speak in a way that gives the empath a tiny glimmer of hope that maybe, just maybe, they are, indeed, on the brink of a spiritual awakening. If the plan works, an empath might start to believe, despite what previous experience has taught them, that everything they had always dreamed was possible with enough love, attention, and rose quartz is finally coming to pass. The narcissist, of course, will be smiling wryly as soon as the empath leaves the room to find that great book on shamanism. The empath smiles happily and finally exhales, imagining that the narcissist will be waiting with baited breath, to launch into a world of spiritual discovery, only to find them wearing a coat and preparing to leave for an unexpected meeting or training day, which they insist they had mentioned earlier. Puffed up with the empath’s psychic energy and connected via a dazzling array of chords and attachments, through which the empath will now be feeding them for the rest of the day, they march off triumphantly to conquer the world.

Remember, when we think of something, we are sending energy to it, and for several hours after the narcissist has left the building, an empath will be feeding them energy as they focus on turning over every nuance of the conversation in their mind, sending wave after wave of psychic energy.

Having energetically hooked the empathy with false hope, the narcissist knows that the vital energy will be wrapping them in a warm glow of energy for the rest of the day.

Oh, I didn’t realize he was going out. Why doesn’t he tell me when he’s planning to go out, so I can plan my time properly? I wonder if he’s really going to work. I’m sure he didn’t mention it before… did he…? Maybe he mentioned it, but I wasn’t paying attention. No, he definitely didn’t mention it. So why would he say he did if he didn’t? He did seem

interested in the idea of soul retrieval though. Wow, well, what shall I do now? I'm so tired suddenly. Not much I can do in two hours. It's just not a big enough window! Why is my time always so broken up? Ugh!! Why am I so exhausted suddenly? Okay, I knew today was going to be difficult because it's his half-day so, anything I do get done will be a pleasant bonus. Let's just put this day down to experience.

Why am I always so tired!!!! This is ridiculous. I haven't even done anything today. I wonder if he's really interested in chanting with me. I don't know. Why now?????

I'm still going to go away for the weekend. I still need some time to think things through. Nothing makes any sense anymore... I'm going to have a nap.

I need a nap. No, it's chocolate, chocolate is what I need.

Then an hour and thirty minutes later, my phone would ring, and Edward would be on his way home and calling to ask if I wanted anything from the supermarket, maybe a nice bar of chocolate or some crisps...

Edward liked routines. He hated it when things changed, even slightly. I knew this because changing of routines was one of the things he most often had those rages about. So, I tried to make sure I always answered the phone when I was expected to. There wouldn't have been any serious problems if I hadn't, but it would be noted, and a few days later, I'd try to call him about some trivial thing and there'd be no answer. He was always saving things up.

Anyway, I said yes to the chocolate. I couldn't see myself getting through a whole evening without it. My life was full of cozy little routines like this. I was living not in a gilded cage but a chocolate one. And because I was usually always drained, ALL the time, I usually wanted chocolate all the time. And Edward somehow always knew what I wanted. Perhaps it was because he was so good at generating the need.

So, the narcissist thoroughly enjoys and exploits the empath's endless kindness and their unwavering belief that everyone, however cruel or broken, deserves love and affection. The narcissist gets high on the empath's long-suffering adoration, and even gets a hit of energy from their constant uncertainty, and their frustration at nothing ever really changing.

Remember, if you're thinking about a narcissist, you're sending them

energy.

Empaths tend to obsess easily, as we feel every breath of the changing wind, every fork in the vibrational road, and every shifting current, so it’s no wonder that a narcissist can rope us back in with the tiniest glimmer of affection.

The disregarding and coldness often served up by a narcissist can feel like a very deep wound to anyone, but to an empath, it cuts even more deeply, and returning to those early heady love-bombing days, when the narcissist was doling out kisses like party favors and giving hugs as if they were going out of fashion, can become a hopeless preoccupation for an empath. The problem is, those hugs did go out of fashion, and will somehow never be in vogue again, and no amount of Reiki or angel card readings will ever, ever change that.

Chapter 8. What Empaths Love About the Narcissist

One of the fundamental problems faced by empaths is that we often have a hard time accepting that, in life, there will be some people we can't help, and some people who are just not good for us. At some point in life, as we begin to mature as spiritual beings, and finally develop a degree of self-love, we will have to accept that it's impossible to save everyone and we will have to learn to be okay with that. This can be one of the hardest things for an empath to hear or to understand and the narcissist, with his or her constant mind games and personality switches, can provide an empath with the ultimate challenge. There will be times when this horrible, horrible person, who is so frequently riddled with bile and cynicism, will seem so gentle, kind, sweet, and fragile. After all, what person in their right mind would stay with someone who was a complete monster all the time.

So, an empath can easily become caught up in the endless riddle of whether a narcissist is ever going to change, and what would need to happen to enable them to be this gentle, sweet person all the time, and precisely when this might happen. An empath can spend years (consciously or unconsciously) obsessing over finding the magical key that opens the heart of the narcissist.

In the early stages of the relationship, empaths are particularly vulnerable to love-bombing, as they feel everything so deeply and will be quickly swept up in the throes of the narcissist's careful attention to every detail of their emotional, mental and physical needs. What most empaths don't realize, however, is that although a narcissist might be equally intuitive, this doesn't mean they are experiencing the world in quite the same way. In other words, while an empath feels the thoughts and feelings of others to heal, a narcissist can understand and intuit the thoughts and feelings of others to control, dominate and manipulate.

Empaths might enjoy the intensity of the narcissist's intelligence and intuition and imagine it's the same as their own. They might even bond with a fragile, covert narcissist over how tough the world is on good

people, and it might be a long time before they realize that some of the narcissist's behavior entirely contradicts the things they say in those sweet, quiet, confessional moments. What many empaths don't realize is that the narcissists' responses are copied and learned responses, repackaged and served up, according to what the narcissist has intuited you want to hear. Of course, their ideas are based on a crumb of truth here and there. Yes, they do feel like outsiders, yes, they may well feel like someone who was born at the wrong time and that life can be incredibly harsh. - It must be tough trying to get through a day without the ability to access a constant stream of Divine energy. It must be awful having to constantly search for new energy-suppliers or trick the people around you into keeping you energized. There is no question that the narcissist is a very wounded individual! But please don't ever think that the narcissist's fragility is the same as yours, any more than you would stare into the mouth of a crocodile with a sore throat. Your sensitivities have turned you into a healer, while the narcissist has chosen the dark path, and his or her wounds and sensitivities have turned him/her into a monster - a vampire. Yes, they may, indeed, be very sensitive, and it may be this very sensitivity that made you fall in love with them, but how well does it feel to be ignored, disregarded, judged, and belittled? Are you happy to see him suddenly flying ahead in his career, puffed up with your endless reassurance and encouragement, while you stay and home and become a potato?

Many narcissists are extremely intelligent. Their intelligence and their ability to assess and analyses human behavior and motivations may impress an empath, who is also preoccupied with human nature. An empath might spend hours poring over interesting details about human potential and motivation, imagining that they and the narcissist are on the same side, sharing the desire to understand these things to understand themselves better or to improve their personal relationships or work for the benefit of their fellow human beings. When the narcissist in your life asks you: "Why do you think he or she might have said that? What do you think they really meant?" they're not trying to understand these little psychological conundrums for any positive purpose. They're either practicing human emotions, with you as their coach or figuring out how to be more manipulative. While an empath believes they are simply discussing the nuances of human behavior from an intrigued psychological

and psychotherapeutic perspective, the narcissist in their life is gathering information for their next series of attacks.

Some empaths who are unconsciously seeking ways to heal childhood wounds, for example, those who had to work very hard to gain the approval of a narcissistic parent, may revisit those familiar feelings of rejection and frustration when involved with a cold and disregarding narcissist. In this way, they are allowed to re-live and resolve their feelings of abandonment and neglect and to gradually come to a place of peace, understanding, and self-love.

In an intimate relationship with a narcissist, where there is never really a sense of feeling completely safe, many empaths feel strangely at home. Here they can continue to play out the drama of never having felt safe as children, and always trying to reach a higher emotional state. Eventually, we may realize that the relationship is nothing more than an opportunity to catch up with ourselves. We cannot thrive, we can never feel truly happy and free within it. We can only suffer at worst, and, at best, figure stuff out.

What many empaths on a spiritual path may be unconsciously drawn to in the narcissistic relationship, is that it gives them a chance to see these dynamics up close and personal and to try them out again until they are finally tired of punishing themselves.

Along the way, it can feel good to an empath to believe that they may be the only person who understands the narcissist. This makes us feel useful, needed and included until we realize it's all just an illusion and that as soon as we're out of the picture, the narcissist will be telling someone else the same sob stories that got you hooked. "All my exes have been mad" or "…she just didn't understand my hatred of onions..." or "didn't understand jazz theory" or "…wouldn't watch history documentaries..." "No one else has ever really listened to me the way you do …except for my old class teacher, Mrs. Johnson. She was amazing!!! So patient and kind. She was the only person who seemed to have endless time for me. She would just sit and listen to me whenever I needed to talk. She was INCREDIBLE!!!"

From a higher spiritual perspective, something that empaths might unconsciously find attractive in a narcissist is that that they will test our boundaries ruthlessly until we are eventually forced to develop and strengthen them, and finally begin to see our wants and needs as valuable

and valid.

A prolonged relationship with a narcissist will eventually force us to choose either us or them; light or perpetual darkness; life or death, thus finally giving us a true sense of the value and preciousness of life. When we wake up and see the full horror of the torture which they have inflicted on us, we will begin to heal the pain of the earlier abandonment and abuse from families, societal groups, or from the original, generational wounds, which may have continued for lifetimes.

At some point in the drama, we may also sense that, at some level, we were hiding behind the narcissist, looking for a safe place to shield ourselves from hurt and disappointment in the wider world. Yet, after experiencing the extreme isolation, pain, and restriction involved in being the main vital supply for a narcissist, we may finally be ready to spring ourselves from the captivity of our fears and embrace all the opportunities life has to offer.

For many empaths, the sabotaging influence of a narcissist can be like the catapult that pulls and stretches us back until we become desperately certain that we ache to be released. After an agonizingly long period of restriction and exclusion from life, we might suddenly find that the fear of fulfilling our purpose and sharing our gifts with the world has diminished, and the fear of suffocation under the watchful eye of the competitive and possessive narcissist is suddenly far greater than the fear of sharing our gifts with the world.

For many of us who have been held back in this way, by the time we are finally released from one of these toxic entanglements, we may truly feel we have nothing left to lose. When the pea is released from the catapult, it flies forward, never to be held back or distracted again, and the soul contract is complete.

At the higher soul level, a relationship with a narcissist can teach us how to love and respect ourselves and feel ready to shine our light. Empaths have so much love to give and can sometimes believe that in thoroughly taking care of one malignant individual, they are fulfilling their soul’s healing mission.

However, the difference is that giving from the heart always feels good and never depletes us. Channeling the loving, healing light of the spiritual dimensions always feels good; it enriches us, just as it enriches others,

when we allow it to flow through us for healing purposes.

A relationship with a narcissist just doesn't carry the same vibration. There is no sense of giving and take, no sense of mutual benefit or soul satisfaction, no acknowledgment of the Divine. There is no flow of energy, just a closed loop in which the narcissist takes, and takes, and takes and the empath gives, and gives, and gives, in an endless ambush of their heart, soul, spirit, body, and mind, until they are sucked dry.

When the empath has failed time and time again, to recapture the Narcissists affections and restore his or her earlier idealization, he or she is eventually forced to turn inwards and develop a stronger sense of identity and self-esteem, and an improved ability to self-soothe. The narcissist knows that you have a desperate need for external approbation, and having met your family, they may even know why. Doling out tiny droplets of praise and appreciation, only when absolutely necessary, will allow them to keep you hooked and maintain control of you for as long as possible.

For some empaths, so deep is their self-loathing that what many other victims of narcissists experience as hoovering might simply be a temporary return to normal levels of respect. For example, a live-in narcissist might suddenly do the occasional bit of washing up or cook a meal if they sense you slipping away, whereas, up to this point, they had virtually turned you into a servant.

They know there's no longer any need for flowers or candlelit dinners, particularly if they already live with you.

So deep is the brainwashing for some empaths that this minimal offering may be all it takes for them to believe the narcissist is still the charming prince they once seemed to be and has been simply going through some kind of crisis.

Chapter 9. The Cycle of Narcissistic Abuse

A relationship with a narcissist is, and will always be, abusive in nature.

However, what makes it somewhat harder to initially classify it as such is the fact that it does not follow the traditional formula of abuse in domestic situations, which was originally developed by Leonore Walker in 1979. Her model for the cycle of abuse consisted of three main stages: a tension-building stage - when one partner is extremely dominant and overly-demanding while the other complies; the violent episode - the point at which the victim tries to fight back or escape; honeymoon stage - the abuser shows to be remorseful and the victim forgives him/her in hopes of a better future, also this period gives the illusion of a normal relationship.

The cycle of narcissistic abuse has some similarities but, overall, it requires its own “model for domestic abuse” to better fit the situation. The recognized phases and patterns of narcissistic abuse are: Idealize, Devalue, Destroy, Discard, and Hoover.

Idealize

Before the narcissist can start their abuse, they need to entice their victim with positive emotions. This stage marks the beginning of the relationship, where the narcissist “love bombs” their partner and puts him/her on a pedestal. The “love bombing” manifests through excessive compliments, praise, attention, amazing dates, expensive gifts, and it has the purpose of making you feel infatuated and charmed. After some time from all these feel-good emotions, you naturally start to trust the narcissist and feel like you want to open up. Why wouldn’t you? You are having such a great time together. When the darker periods of the relationship start to occur later, it is this love-bombing phase that the victim will cling to and try to re-live with their abuser.

By opening up to the narcissist, unknowingly, you start feeding them the data and information they need to get into your mind and find your weak points. Everything you ever told them about your insecurities, past issues, doubts, they will remember and use them as weapons whenever they will

want to put you down - in the next stage of abuse.

The way they act during this stage lets their partner believe that they are connecting on a higher level, triggering the “soulmate syndrome” which comes with an extreme emotional link that will be very hard to break. While the victim perceives this idealization stage as the basis and fundamentals for a relationship that’s made to last, in the eyes of the narcissist this is nothing more than a game that ensures their next supply.

At the end of this stage, the narcissist begins to see their partner as a “regular human,” because of their emotional responses or actions that they do not approve of, and slowly the partner falls off the pedestal.

Devalue

The devaluation stage is characterized mainly by verbal abuse, forms of bullying (humiliation, threats, smearing), and acts of betrayal from the narcissist’s side. The relationship jumps from your partner being proud of showing you off and being associated with you to you becoming someone flawed. All of your positive characteristics that he/she has admired before being transformed by the narcissist into something negative. Now you are a smartass instead of intelligent, your confidence is labeled as being cocky - or narcissistic, and your love for yourself and positive body image becomes vanity.

They start to actively put you down and gaslight all of your insecurities by diminishing your worth and your accomplishments. Everything you managed to achieve in life will be diminished, and they will paint your future in a grim light, instilling doubt in your own capabilities and decisions.

Blatantly speaking they will do whatever they can to stop you from doing anything that he or she might perceive as an attack on their superiority. At that point, they have their victim trapped in the spider web they created, and they use their power and influence over you to dictate what you should think, your beliefs, your dreams, your image of yourself, your life choices, and the people that should or should not be in your life.

Their control is so powerful that your whole perception of life flips on its head, leaving you traumatized and heartbroken. This verbal abuse and diminishing will not stop until they completely strip you out of your free will, actively destroying you, or better said, the you that you knew/were

before him.

You need to understand that this phase does not begin as a response to you doing something wrong. The victim bears no fault in the way that the narcissist chooses to interpret their actions or words. And through this whole process, the victim is clueless. They don't understand what they have gotten into, they don't see the web of lies and deceit trapping them. The victim gets so emotionally tired of all the insults and verbal abuse that comes their way that they would do virtually anything to get back to the original phase of the relationship when everything seemed perfect. The partners of narcissists will cling so hard to these memories of a better time, and they will truly believe in their hearts that going back is possible.

Destroy

Meanwhile, the narcissist stays on its road to destroy you and strip you of any ounce of confidence you might still have in your body. They will treat you in a barely acceptable way, putting in the least amount of effort. Even compliments will be used as a double-edged sword that will seek more to hurt you than to soothe your already bleeding heart. By this point, thanks to their manipulation, you have already become dependent on them to offer you validation and admiration. As they go on with the devaluation and destroying your very person, they will use this desire of validation that you have against you.

Anything you do will be seen as bad, and you will never reach the high standards they set, no matter how hard you try.

Other weapons that the narcissist will use in this stage are accusations and blame-shifting. Whenever the victim tries to defend herself/himself or tries to make the narcissist take responsibility for the way their words affect you, they will flip the situation and make themselves the "victim." They will blame you for being overly sensitive, not smart enough to understand what they mean. They will emphasize how different you two are, mostly by portraying you as inferior / not worthy of being in a relationship with them.

The narcissist will compare its actual victim with his or her ex-conquers, representing them as better in any way that you are. They will accuse you of things that more accurately describe them than you, such as: being self-centered, being a narcissist, not being understanding of their feelings and needs, not doing anything for them.

Out of all the stages that define narcissistic abuse, devalue - destroy is the one that comprises most of the per se abuse. It is done carefully, in a cold and malicious way, as the narcissist uses all the data that he/she has collected from you in the “idealize” stage, to break you apart piece by piece.

Their only reason for doing that is to feed their illusion of superiority in the only way that he/she can: belittling you. Their whole life purpose is feeling good about themselves, no matter what tactics they need to employ to do that, or what/how many people will need to be exploited to achieve that.

Discard

When the victim finally reaches breaking point and has had enough and demands to be treated in a better way, they will discard the victim, in the search for someone new to idealize and repeat the cycle. This can happen quite quickly. Quicker than you expect as the narcissist most likely has had other victims entangled in the web in the early stages without you knowing.

Social Media makes it a lot easier for the narcissist to keep multiple partners at bay.

Hoover

If most of the abuse happens in the devalue and destroy stages, this one can make the victim go through serious emotional trauma. When a narcissist discards a partner, it’s only temporary. They will most likely return to try and get their ex back into a relationship with them, even if they might already be involved with other people. As long as the narcissist believes that he or she can gain something by having you back, they will do everything in their power to get you back, continuing the cycle of abuse until the victim is strong enough to break it.

The heartbreaking fact is that, even when they are being discarded and forgotten for weeks or months, victims of narcissistic abuse will accept to give the relationship another try. It’s not just the fact that they become addicted, but the victim finds it very hard to re-adjust back to their old life without the narcissist. Having parts of their identity stripped away, and their confidence at its lowest point makes going back into the world of dating and meeting new people seem incredibly daunting and scary. The

loneliness and depression felt can be so deep, that it's almost impossible to resist when the narcissist attempts to "hoover" them, in the form of a text, call, or Facebook message for example. The victim might get back together with the narcissist even if she/he was the one that initiated the break-up, and not the narcissist.

That's just how powerful the influence of a person that has NPD is on a person with low confidence and self-worth.

The victim needs to understand that this attempt to get back together does not come out of feelings of love, concern, or the compelling need to re-connect. The narcissist will hoover their victim because they enjoy the feeling of power they get from it. It feeds their ego to know that they can get you back, whenever they want, as it shows how much control and power they have over you. They feel good knowing that they always have a backup supply to come back to, whenever they have needs to be catered to, and they will shamelessly do that even while actively pursuing other people or being in other relationships - especially if that other partner does not supply enough admiration/attention. The victim needs to understand that their relationship with the narcissist was never about love, not in the narcissist's perspective.

Their sole purpose for wanting you back is to get something and to feel good about how they can bend people to their will. They don't miss the victim, because they are unable of having such strong feelings. The more people trapped in the narcissist's web, the better for them. Any action they employ is only for their gain and benefit. Love was never and will never be in her/his mind.

Chapter 10. The Narcissists Arsenal

A narcissist has many weapons in their arsenal when it comes to getting what they want out of a relationship.

Love bombing

Something that we have already touched on before. Love bombing is the first weapon that they use to ‘reel you in.’ Love bombing consists of a persistent wave of compliments, flattering comments, material proofs of affection, kind gestures, and touching. All this “show” that they make out how much they adore you has the sole purpose of making you believe that you may have found an amazing partner for a serious relationship. It may feel intoxicating in a good way, and, for people that have struggles maintaining a positive image of themselves and are co-dependent, it will offer a much-needed validation of their worth. Through love bombing, they manage to manipulate you not only into having romantic feelings for them but also to spend more time in their company, depriving you of your alone time or time that you’d typically spend with friends and family.

A narcissist will also be persistent in reminding you how “perfect you are for each other,” and it’s only thanks to their unusual charm that you are unable to see how weird that may be to say at the start of a relationship where you don’t really know your partner that well. Love bombing basically serves the purpose of getting you where the narcissist wants: isolated from friends/family, in love with a charming “persona” that they manufactured to mirror your needs and beliefs, and forced into a relationship that’s moving way too fast but unable to realize how smothering this sort of behavior is.

Manipulation

Narcissists will use multiple forms of manipulation. They know how to find your insecurities early on and then use them to gaslight you in the “devalue” stage. They victimize themselves always, feigning innocence at all costs, no matter how many lies they have to serve you or how much they need to distort the truth to get out of a sticky situation. Denial is in their DNA, so, whenever they are responsible for any bad situation, they will go to the moon and back to try and make you believe their

perspective, never willing to accept the consequences of their actions/words.

Arguments and fights are also used by the narcissist to showcase his/her abilities to play victim, all while actively blaming you and diminishing you for things that they are actually guilty of. They will deny and repeatedly lie to keep alive the illusion of innocence, even when you confront them with solid evidence. Even at times when they might slip the mask a bit and show their true character, they will still be persistent in their trials of having you give them the benefit of the doubt, and thus, spinning the situation in their favor. It “helps” a lot that their partners are kind-hearted individuals that over-estimate the good in people and have the tendency of overlooking their negative traits.

But why do they employ the use of fights and arguments? Logically speaking, couldn’t that lead to a potential break-up if they go too far? Well, yes and no. Narcissists love to play with the mind and feelings of their partners. They take pleasure in getting any sort of reaction because in that way they get to suck out your energy (FYI: narcissists are frequently called energetic vampires) and, as a side-effect, they get to test how much power and influence they have over you. The fights will always start as a result of something that the narcissist did/said, and they will always end with the partner taking the blame/forgiving them. Either way, they will benefit both from stealing away your emotional energy and from playing around with your mind - something that helps them keep the illusion of superiority alive.

Projection

Another weapon that is often used by your regular narcissist is projection. It’s a very peculiar and strange thing to employ if you take some time to consider it, as projection ultimately shows the flaws and bad side of the narcissist. In a way, by using projection, they “betray” their cover. In simple terms, projection is a defensive mechanism that is characterized by accusing others of something that you are/have done. This is very apparent during arguments or fights when the narcissist will place on you all the bad/negative characteristics that they have or any bad actions that they did or would do, even if those could never truly characterize you. They basically take all of the emotions, characteristic traits, thoughts, flaws that they have and are not comfortable with, and they “give” them to you, so

they won’t be forced to deal with them.

Narcissists are unable to take responsibility for anything, so it is in their nature to shift the blame onto someone else. That’s what projection is: a combination of blame-shifting and misdirecting feelings/thoughts. Instead of accepting them as their own, they reflect on others to protect their frail grandiose image of themselves. They are also managing to distract you from seeing the truth, and they make you claim responsibility for something that they are guilty of. Good examples of projection are the narcissist being overly jealous and convinced that you might be cheating on them, all the while they are the ones that are seeing other people behind your back. Or the narcissist might badmouth someone and critique them for the way they look or for a character trait that they also possess. For narcissists, projection is crucial for their survival, as it allows them to assess their negative feelings/traits/habits without having to actively deal with them or accept them, protecting their false self from harm.

Language

Now let’s speak about language and communication. Even those are not safe from the corruption of a narcissistic individual. It becomes a full-blown weapon of war made to protect themselves at all costs and used to harm others. They use communication merely as a way to deceive, hide, and evade blame, but they don’t actually transmit any messages. They have strangely mastered the art of speaking a lot without saying anything - something they will mainly use to monopolize conversations or confuse partners when they confront them with evidence of misconduct. Language serves the purpose of belittling others and keeping a narcissistic supply nearby. They never use it to speak to people, but rather to speak at them, lecturing them on senseless subjects and camouflaging their own vile character. The way that a narcissist uses language is almost impossible to understand as it makes no sense.

Shmuel Vaknin, the author of “Malignant Self-Love: Narcissism Revisited,” does an excellent job of describing how a narcissist uses language. Let’s take a normal conversation for a second. We, as human beings, tend to communicate with one another by transmitting information.

This information may be right or wrong, subjective or objective, emotional or scientific, that does not matter. The core of communication is

transmitting, to potentially build relationships or just for the sake of human contact.

In this aspect, narcissists are very different from regular people. They don't use communication as a means of transmitting anything. The information they blast is empty of any substance. For them, language is just a weapon of manipulation, a means to defend themselves against critiques or opinions that differ from their own or a way to critique/diminish others.

Agreements or commitments mean nothing more than a momentary intent to a narcissist.

The narcissist will often lose himself/herself in loop-hole-type conversations, where they say the same things all over again, and they often contradict themselves although they seem blissfully unaware of that discrepancy. Many of their statements will defy logic and reality, and any attempt at correcting them will get their conversation partners nowhere.

Logic and consistency simply do not define the conversation pattern of a narcissist.

So what are the elements to look for in a conversation with a potential narcissist?

- statements that defy logic/reality
- repetition
- sentences that remain unfinished
- saying a lot without actually saying anything
- a one-sided show that resembles a preach or speech more than a conversation

Shmuel Vatkin also focuses on the fact that narcissists will generally avoid any serious or meaningful conversation, preferring to play out their own fake narrative in their minds in which everyone adores them. Instead of seeing people as they really are, they will create projections of them, who, in their mind, are made to serve him or her and cater to his or her needs.

Whenever the narcissist gets into a situation in which the real person does not comply with his/her mental image of them, he/she will be very surprised and will refuse to accept reality. For example, the narcissist

might word his/her surprise over the fact that his/her son did not follow them as an example, as a matter of choosing careers, not being aware that the child in question never had any intention to do so. Or the narcissist might say that his wife changed and no longer listens to him, not realizing the fact that she only did so out of the fear/desire to save the relationship, not because she adored him.

If we are to believe Shmuel Vatkin, a conversation with a narcissist is never a real option, because you can’t communicate if both parties are not interested in doing so. A conversation will always be just a one-sided act, in which the truth will most likely be distorted.

Chapter 11. Narcissist’s Language

Narcissists are skilled manipulators, and part of that is thanks to their ability to play with words and their meanings. To really get a grasp on how the mind of a narcissist works, you need to understand their language.

Nothing is as it seems. So, let’s look at some usual phrases and see what the actual message behind a narcissist’s compliments, apologies, and overall speech is.

Compliments

“You are so much better than my ex. He/she was crazy!” - “In reality, it is my fault that we broke up, I was the problem. But you don’t need to find that out, because I’m never guilty of anything. If you leave me or we break up, I’ll say the same about you.”

“You are my soulmate.” - “You are my target right now, and I’ll say anything to get you to like me. I’ll keep love bombing you with compliments until you give up and accept me in your life.”

Apologies

“Sorry, you feel that way.” - “I don’t believe there is any reason for me to apologize, but I will do it to shut you up. I am never wrong / I can never do anything wrong. It’s always your fault for being a normal person and displaying emotions / reacting to my abusive behavior.”

“It’s not going to happen again / I promise not to do it again.” - “I will absolutely repeat this action/behavior that upset you. If you catch me in the act again, I’ll lie and come up with excuses, just to keep this relationship going a little longer. Never believe my promises.”

Complaints

“You are so emotional/dramatic/sensitive/insecure.” - “I need you to think that your way of behaving is wrong and that your reactions are over the top, so I can get away with my actions/behavior. In reality, I like to stir up drama and gaslight your insecurities, to make you more manageable. I am also overly sensitive to criticism, and I will over-react whenever my superiority is being questioned.”

“You take everything too seriously /You have no sense of humor.” - “I use

humor as an excuse to insult you and make you feel less of a person. I take pleasure in deliberately hurting you and then pretending that it was all a joke."

"You're such a smartass/nerd/know it." - "You are smarter than me, and I don't like that. I always need to feel superior in any way, and your intelligence threatens me, so I have to make you feel bad for being correct/smart."

"You never do anything for me! " - "That's far from the truth, but I want to make you feel like a horrible person, even though I am the one that never does anything for you. I need to feel morally superior to you, so I'll undermine your kindness."

"We never have sex / My ex loved to (a sexual act that you are uncomfortable with), but you never want to try it." - "I want you to feel bad for not satisfying my every wish and desire. I'm blatantly lying about my ex, to get you closer to complying with my every whim. There is a chance that you will feel guilty enough to overstep your boundaries, which no one should be forced to do."

"You are such a narcissistic person / You only think about yourself." - "I want you to feel toxic and guilty to put myself in a good light and keep the relationship alive. In this way, I can go on abusing you, without having to answer for my actions. I am the narcissistic one, and I will always put myself first, no matter what. I will do my best to manipulate you into believing that you are the crazy one in this relationship."

Using "break-up talk" as a means of keeping you hooked

"You are too much for me." - "I can't handle your emotions even though I am actively provoking you, any chance I get. Your emotions are annoying to me, and I want you to believe that you're over-reacting."

"We are just so different / We have nothing in common." - "I lack any ability to empathize, and I am not compatible with anyone. But I need you to feel like the problematic one in this relationship. I want you to feel bad for having feelings and human reactions, even though I am the one that affects our relationship."

"Let's take a break." - "I need to make you feel insignificant and to crave my attention while I go about my life finding possible targets and not caring about the pain I'm putting you through. You will want me back

anyway.”

“I’m done.” - “You’ll never get away from me. I will always come back when I feel like it. I have no intention of breaking up, but I’m in a situation where you want to make me accountable for my words/actions, and I need to get out of it. I will never take responsibility for my actions/words, and I will find ways to pin the blame on you and make you feel like you or your opinions don’t matter. If we ever break up, I will try to get back to you and ruin you as much as I can.”

“Let’s just be friends with benefits.” - “A break-up is inevitable, but I still want to have a way of coming back into your life later on and continue my abuse. Or, I know you love me, but I want to lower your expectations while I wait to find someone else.”

Manipulative/Controlling phrases

“My ex would never do that.” - “I want you to feel inferior and to question the way you are acting/reacting. Your behavior is normal, and my ex probably reacted the same, since I’m not with them anymore, but I don’t want you to think that you are entitled to acting/reacting that way. You need to feel like the odd one out, the guilty one, so I can get away with my behavior.”

“She/He is just a friend.” - “I need a backup plan to satisfy my needs, be it monetary or sexual, while also making you feel insecure. I feel so powerful knowing that I make you question your worth by having this ‘friend.’ If things go wrong with you, this ‘friend’ is my next target.”

“I don’t want to have sex with you / I don’t care about sex.” - “I want you to feel undesirable and unable to fulfill my desires/fantasies/standards. It will allow me to get away with looking for other sources for sexual gratification. I also enjoy making you feel insecure as it strengthens my power over you.”

“You should be careful with the people you put your trust in.” - “You have people in your life that love and support you, and I don’t. I want to ruin your relationship with other people out of sheer jealousy and to further establish my influence over you. The lonelier you are the easier I can manipulate you.”

“Nobody cares about you or your accomplishments.” - “You need to be dependent on me so I can be the superior one. There are too many people

caring about you, and I want you to question their honesty and reasons. I want to isolate you, so you have no support. You only need me."

Narcissists know how to plant the seed of doubt in your brain. They use words as weapons and they will always attempt to diminish you, either by making hurtful jokes or by painting you as the "bad guy." How many of these phrases are familiar to you? Are you able to see the bigger picture now that you have a "translation" of what your partner was actually saying? You can see how these 'digs' at your self-worth over a long time can really affect you.

In fights/conflicts, guilt is shared between the participants.

Always be wary of people that never take responsibility for their actions and constantly play the victim.

Don't let anyone disconnect you from your support network.

Your friends and family would never think bad of you or judge you.

It's perfectly normal to have emotions, that don't make you overly sensitive.

Maintain your boundaries and never let someone force you out of your comfort zone in any situation, especially in sexual ones.

In a healthy relationship, no one is superior. You are equal

human beings that work together towards a better future and a happy life. Differences are fine and should be embraced, not used against each other.

Excuses and apologies mean nothing if a person is not actively trying to better themselves and not repeat the same mistakes.

Chapter 12. How to Raise Your Self-Esteem

1. Express stop to your internal pundit

A decent spot to begin with raising your self-esteem is by figuring out how to deal with and to supplant the voice of your own inward pundit.

We, as a whole, have an internal pundit.

It can prod you on to complete things or to get things done to pick up acknowledgment from the individuals throughout your life. And yet it will drag your self-esteem down.

This inward voice murmurs or yells ruinous contemplations in your mind.

Contemplations like for instance:

- You are lethargic and messy, presently get the chance to work.
- You aren’t acceptable at your position at all, and somebody will make sense of that and toss you out.
- You are more regrettable or uglier than your companion/colleague/accomplice.
- You don’t need to acknowledge this, however. There are approaches to limit that basic voice and to supplant it with progressively supportive musings.
- You can change how you see yourself.
- One approach to do so is essential to state stop at whatever point the pundit speaks up in your mind.
- You can do this by making a stop-word or stop-express.
- As the pundit says something – in your mind – yell: STOP!

Or, on the other hand, utilize my top pick: No, no, no, we are not going there!

Or then again concoct an expression or word that you like that stops the train of the idea driven by the inward pundit.

At that point, pull together your musings to something progressively useful, like arranging what you need to have for supper or your strategy for the following soccer match.

Over the long haul, it additionally encourages a ton to discover preferable approaches to spur yourself over tuning in to your internal pundit. So how about we proceed onward to that…

2. Utilize more advantageous inspiration propensities To make the internal pundit less valuable for yourself and that voice more fragile and simultaneously propel yourself to make a move and raise your self-esteem, it positively has sound inspiration propensities.

A not many that I have used to supplant and top off a significant part of the spot that the internal pundit once held in my mind are these:

- Remind yourself of the advantages. A basic, however ground-breaking approach to spur yourself and to keep that inspiration up day by day is to record the profoundly felt advantages you will get from following this new way or arriving at an objective.
- Like for instance, showing signs of improvement shape and having more energy for your children and the individuals near you. Or then again getting more cash and through that having the option to go with the adoration for your life and experience superb new things together.
- At the point when your rundown is done at that point, spare it and put it in someplace where you will see it consistently, for example, in your workspace or on your ice chest.
- Refocus on doing what YOU super prefer to do. At the point when you ridiculously like accomplishing something, then the inspiration to do that thing tends to comes pretty consequently. At the point when you truly need something in life, then it additionally gets simpler to push through any inward obstruction you feel.
- So if you lose your inspiration, ask yourself: Am I doing what I truly need to do? On the off chance that not and if conceivable, at that point, pull together and start taking a shot at that significant thing.
- After you have utilized your stop-word or expression center around

one of these techniques, sometimes, it will end up being a leaning, and your inward pundit will spring up much less frequently.

3. Take a brief self-thankfulness break

This is a straightforward and fun propensity. Also, on the off chance that you go through only two minutes on it consistently for a month, then it can have a tremendous effect.

This is what you do:

Take a full breath, slow down, and pose yourself this inquiry: what are 3 things I can value about myself?

A couple of models that have come up when I have used this activity are that I:

- Help many individuals every day through what I compose.
- It can make individuals giggle and disregard their difficulties.
- Am extremely attentive and minding with regards to our felines.

These things don't need to be large.

Perhaps simply that you listened completely for a couple of moments to somebody who required it today. That you went for a solid stroll or bicycle ride after work as opposed to being lethargic. That you are a minding and kind individual by and large.

These brief breaks don't just form self-esteem over the long haul; however, you can likewise turn a negative mindset around and reload yourself with a great deal of positive energy once more.

4. Record 3 things at night that you can value about yourself. This is a variety of the propensity above and consolidating both of them can be extra incredible for two lifts in self-esteem a day.

On the other hand, you may basically like to utilize this variety toward the finish of your day when you possess some free energy for yourself to save.

You have to ask yourself the inquiry from the last segment: What are 3 things I can value about myself?

Record your answers each night in a diary made out of paper or on your PC/advanced mobile phone.

A decent additional advantage of recording it is that following half a

month, and you can peruse every one of the responses to remain positive and get a decent self-esteem lift and change in context on days when you may require it the most.

5. Make the best decision

At the point when you do what you where it counts, believe is the best activity, then you raise and reinforce your self-esteem.

It may be a little thing like getting up from the sofa and heading off to the exercise center. It could be to be understanding rather than critical in a circumstance.

Or on the other hand, to quit stressing or feeling frustrated about yourself and spotlight on the chances and appreciation for what you really have.

It isn't, in every case, simple to do. Or, on the other hand, even to comprehend what the correct thing is. Be that as it may, maintaining attention on it and doing it admirably well has a large effect both on the outcomes you get and on how you consider yourself.

One tip that makes it simpler to remain reliable with making the best choice is to attempt to take a couple of such activities promptly in the day like, for instance, offering somebody a commendation, having a sound breakfast, and working out.

This establishes the pace for the remainder of your day.

6. Supplant the perfectionism

Barely any idea propensities can be so ruinous in the day-by-day life as perfectionism.

It can incapacitate you from making a move since you become so terrified of not satisfying some standard. Thus you delay, and you don't get the outcomes you need. This will make your self-esteem sink.

Or on the other hand, you make a move however are never or once in a while happy with what you achieved and your own exhibition.

Thus your sentiment and emotions about yourself become increasingly negative, and your inspiration to make a move dives.

How might you beat perfectionism?

A couple of things that truly helped me are:

- Go for adequate. At the point when you focus on flawlessness, then

that generally ends up in an undertaking or an errand failing to be done.

- So essentially go for adequate. Try not to blame it to slack off.
- Remember that getting tied up with fantasies of flawlessness will hurt you and the individuals throughout your life. This basic reminder that life isn't caring for in a film, a tune, or a book can be an acceptable rude awakening at whatever point you are fantasizing about flawlessness. Since reality can conflict with your desires when they are crazy and hurt or even conceivably lead as far as possible of relationships, occupations, extends, etc.
- Handle missteps and disappointments in an increasingly positive manner
- If you go outside of your usual range of familiarity, if you attempt to achieve whatever is really important, at that point you will bumble and fall en route.
- Also, that is OK. It is ordinary. It is the thing that individuals that accomplished something that really made a difference have done all through all ages. Regardless of whether we don't generally catch wind of it as much as we find out about their triumphs.
- So recall that. What's more, when you falter attempt this:
- Be your very own closest companion. Rather than whipping yourself, ask yourself: How might my companion/parent bolster me and help me in this circumstance? At that point, get things done and converse with yourself like the individual in question would. It does not allow you to fall into a pit of hopelessness and encourages you to be progressively productive after the primary beginning torment of a slip-up or disappointment begins to scatter.
- Find the upside. Another approach to be increasingly valuable in this sort of circumstance is to concentrate on good faith and openings.

Furthermore, what is one open door I can discover in this circumstance? This will assist you with changing your perspective and ideally not hit a similar knock a little further, not far off.

8. Be kinder toward others

At the point when you are kinder towards others, you will, in general, treat and consider yourself in a kinder way as well. Furthermore, how you treat others is how they will, in general, treat you over the long haul.

So, center around being benevolent in your day-by-day life.

You can, for instance:

- Just be there and tune in as you let somebody vent.
- Hold up the entryway for the following individual.
- Let somebody into your path while driving.
- Encourage a companion or a relative when they are questionable or unmotivated.
- Take a couple of moments to assist somebody with an excursion in a commonsense manner.
- Share what has helped you in a troublesome circumstance on social media, a digital broadcast, or all alone blog.

9. Have a go at something new

So go outside of your usual range of familiarity routinely. Try not to anticipate anything, simply reveal to yourself that you will give something a shot.

And afterward on you can do something very similar a couple of more occasions and improve your own presentation.

What’s more, as usual, if it feels excessively startling or awkward, at that point, don’t whip yourself. Step forward rather by tenderly bumping yourself into movement.

10. Quit falling into the correlation trap

At the point when you analyze your life, yourself, and what you need for others’ lives and what they have, then you have a ruinous propensity on your hands.

Since you can always lose, there is consistently somebody who has more or is superior to you at something on the planet. There are consistently individuals in front of you.

So supplant that propensity with something better.

Take a gander at how far you have made significant progress. Contrast yourself with yourself. Concentrate on yourself. On your outcomes. Also, on how you can and how you have improved your outcomes.

This will both persuade you and raise your self-esteem.

Chapter 13. The Role to Play in Your Family/Friends Life to Help Them Realize If They Are in the Same Situation

Narcissistic abuse is the worst form of abuse that can be inflicted on someone, yet one that is highly misunderstood by the public. You may still be wondering why it is paramount to raise awareness about narcissistic abuse, especially in romantic relationships, while most people have not even heard about it. Research and statistics about this unfortunate phenomenon are hard to locate because of it being understudied. However, a closer look at staggering figures showing just how many people are associated with narcissism, which signifies the need to educate everyone regarding this phenomenon. The Institute for Relational Harm Reduction and Public Pathology Education found out in its analysis that the probability of people suffering from Narcissistic Personality Disorder is 1 out of 25, notes Miller et al. (2010). Further, each narcissist will impact 5 people at least, those whom they lure into romantic relationships. Further, this figure is considered conservative because there are unidentified kids who are victims of trauma; hence, they are exposed to the idea of being narcissists.

Worse yet, most people never realize when they are getting into a relationship with a narcissist until it is too late, and they have suffered a lot. A romantic relationship with a narcissist exposes people to a lot of trauma and confusion once it ends since a narcissist manages to control what you do by engaging you in a friendly way. Yet the chances of encountering a narcissist in life are more than 70 percent since they are in society with us and they are always identifying targets.

There is a need to pay great attention to narcissistic abuse because unlike physical abuse, the former does not leave clearly visible marks.

Understanding the concept of coercive control is important, which is a relatively new concept for most of us. This phrase describes the kind of

abuse that narcissists inflict on their partners because it does not entail physical abuse, but the aspect of the victim being isolated from their support system and being made reliant on the abusive partner, who uses the victim for their advantage. It happens when one begins to monitor your moves and takes away your ability to see your friends, and before you know it, you are reliant on them alone for all social contact.

In fact, this is one of the reasons why most people do not consider it a reasonable form of abuse and don't understand the need to raise an alarm until the damage is done. Describing something without proof has always been challenging and people fail to realize and acknowledge its presence and effects. In addition, it is challenging to describe categorically what narcissistic abuse is and to get people who have never experienced it concerned about it. People tend to feel like they are too strong to be tracked and controlled by a narcissist. Instead, they hold a myth that it is only the weak-minded and co-dependent types of individuals who are taken advantage of. Unfortunately, this kind of mentality is what gives most people a false sense of protection.

Therefore, this is why it is recommended that you should involve your family and friends, let them know about the disorder and how detrimental it is to a person's life. This can help you to further pinpoint other people who may be suffering from this abuse without knowing it.

It is important to let other people realize that is it not okay at all to be abused.

Remind them that life is precious and that no one is warranted to stand in the way of enhancing their autonomy. Remember, there are various reasons that people stay in abusive relationships, including the threat of harm or for the sake of maintaining the social status, or for the hope that things will change for the better. Leaving from a relationship where one is heavily invested is not an easy thing to do. In fact, based on your own experience as a victim, you can tell that it took a lot of effort and self-empowerment to get out of this. Therefore, you will be careful with your reactions towards the excuses other people give as to why they are unwilling to leave their abusive relationship. If at any time you make them feel embarrassed, they will get defensive and refrain from sharing with you. Therefore, you must use tactfulness to engage with them and be the most understanding person they can rely on. It is distressing to see your

friend or loved one being abused. Yet they are always defensive when their partner is bossing them around. Rather than making them avoid you, be gentle and do not judge them.

Also, you should make it clear that even though the wounds are not visible, narcissistic abuse wounds count as abuse. Let them know that someone can appear so loving yet not wish the best for them. Narcissistic abuse is often disguised as great love, yet it is a series of evil deeds. It is a form of abuse meant at downgrading someone's identity and making them see the world through another person's perspective and value system. It is the mixture of imitation love and emotional coercion that confuses one and makes them lack a way of interpreting their abuse. Therefore, let your family and friends realize that abuse that is emotional still counts as abuse.

Further, tell them how they can swiftly alleviate themselves from the abuse of the narcissist. Rather, it is the use of tactfulness of gaining a strategic advantage over the narcissist by observing their weaknesses and working around them. It is about being the smarter person, acknowledging that the narcissist will never care about your need, and using effective techniques to tell them off. This would attract an even harsher reaction from the narcissist and the result would be injuries and great harm.

If possible, form a campaign and target people whom you feel are being abused yet are afraid to acknowledge it or get help. The worst thing about narcissistic abuse is that the victim hardly notices that they are being used, and they will continue holding on and hoping to get the initial spark of the relationship, without realizing that that was their narcissistic partner's bait to get them hooked. Therefore, it is important to call out the attitude of holding on even when you are hurting too much. Offer them a shoulder whenever they need someone to talk to or to cry with. Tell them that bad experiences happen to sharpen us and empower us to be better people in the future.

Chapter 14. The Road from Hell to Healing

You have been to hell, but how do you get back from there? What does your future look like? Can you destroy the trauma bond that you have become addicted to? What does it look like to be on the other side?

Can you ever feel like yourself again?

These questions and more can come to the surface when you first manage to break away from your abuser. Life can seem strange, and scary. You will feel yearnings to go back to your old relationship, even though you know all the reasons you should not.

For some people, the road to healing is not just about healing themselves, but they also want to find healing in their relationships and for their partners. There is a way to do this as well - it is hard and trying but not impossible. You can get there with work, dedication, and leaning on others for help.

Do not make the mistake of trying to do all of this on your own. There is no shame in seeking help.

Where Do I Go from Here?

How can you heal after being subjected to a relationship with a narcissist?

Your recovery is an involved process. You know what abuse looks like from a narcissist and you have explored the details behind the narcissist's history. You have learned who the narcissist is, what their masks are like, how they manipulate you, and in essence, you have discovered what has been happening to you. This can be a lot to take in at first. But you need to learn these signs and be able to identify the signals so that you can prevent yourself from being placed back into a situation like this.

Healing takes time and effort. You need to learn about your own self before you can try and heal the damage that your narcissist caused.

For example, you need to learn about your own childhood trauma that has made you susceptible to caring for a narcissist. As well as learning how to create and establish boundaries that we need to make others adhere to. You

need to understand that you are also accountable for your actions and the behaviors that you portray. This is all things you will learn on your path to healing so that you can find peace and a way forward after your traumatic ordeal.

Yes, the narcissist's behavior was heinous, but you need to analyze the other half of the equation as well - yourself. Ask yourself hard to answer questions like why did you stay, why did you allow the ill-treatment to go on for so long? Do not ask these questions to blame yourself, but just to analyze your behaviors. You are not to blame for the situation, but you need to understand how and why you stayed in an abusive situation. Or even why you continue to stay if you have not left your narcissist.

If your narcissist fails to get help, you need to make peace with the fact that they will never truly take accountability for the emotional turmoil they put you through. This is merely due to the way their mind works.

So, you need to be able to find closure for yourself without expecting it from your partner or ex-partner.

You will go through several stages on your journey to healing.

Stage One: Victim

When you first learn of everything that you have been subjected to and you realize that your partner is a narcissist you will probably be feeling victimized. This is because you are coming to terms with the betrayal that your narcissist has created. The feelings that you have pent up inside you that add to this feeling of victimhood are:

- Hurt
- Denial
- Rejection
- Confusion
- Shame
- Victimization by family members or friends that say you are crazy for your beliefs about your partner

- Anger at your narcissist
- Anger at yourself for not realizing or knowing
- Anger over the love that you gave
- Anger over the time that you spent in the narcissist's cycle fear of what your next step will be
- Fear of being in an unfamiliar new reality
- Feelings of abandonment
- Feeling lonely

These feelings are all going to run through your mind as you break ties with your narcissist or seek to change the behavior. It is a process as you have also become addicted to the way they treat you.

Your next step in this stage is to arm yourself with knowledge. You need to be prepared to learn about your narcissist and yourself. Once you have looked introspectively into your own past and feelings, you need to study what factors made you their target. How did you allow them to creep into your life and how did you become accustomed to the abuse? Write these questions down and try your best to answer them objectively.

Stage Two: Survivor

Once you get through your feelings of being a victim and the shock of realizing what was happening to you, you will begin to feel like a survivor. You have a mental shift during this time. Your feeling will change towards:

- Rebuilding your life
- Seeking out a counselor
- Being unwilling to forgive your narcissist
- Trying to find your way back to your old self
- Navigating through your issues of trust
- Learning how to understand yourself and participating in self-care

- Re-evaluating and changing friendships as necessary your anger diminishes
- You feel hope
- A trigger could make you feel angry or depressed
- Discovering your own trauma from childhood
- Creating awareness for the flags of a narcissist.

At this point in your healing, you will need to actively work toward instilling change in your life. This is where the real legwork of your recovery begins.

Before you do anything, you need to learn how to create boundaries and set limits that you do not want someone else to cross. This is how you begin taking your life back. Once you have established your boundaries, stop hiding.

Get back into routine and habits with your friends and family. Go out and have fun. Rediscover the freedom and joy that life can give you.

You might be struggling with forgiveness, that is not unusual, but you need to work on it. Your forgiveness is a pivotal step in your recovery.

This act is not for your abuser, but entirely for you. You need to let go of their control over your emotions and actions.

Stage Three: Surviving and Thriving

This is the stage where you have laid the foundation for your healing and now you need to continue to build and work on it. You might tell be feeling troubled during your recovery and some initial feelings of anger and resentment might surface.

- Feelings of anger toward the person that abused you
- Unable to shake the emotions from your past
- Shame and embarrassment at having been the victim of a narcissist
- Lack of concentration in your life at work or even when part of a group setting

- feeling like you cannot move forward into your new life
- Feeling bitter at the idea of forgiving your abuser
- Conscious of what other people might think as they see you struggle to move on
- Desire to move on and create dreams and live in freedom.

It is difficult to process what happened to you and to clear your mind to move forward. But there are steps you can take to reinforce your recovery during stage three.

You need to refocus your perspective. You must learn about the dangers of keeping your emotional attachment with an abuser that you left. There is the power to be found from releasing your abuser. Your focus needs to be on your recovery, not on the narcissist.

Find the self-confidence you are missing. There was a you before your narcissist grabbed a hold of you. Your confidence will help you move forward. Through your confidence, you should strive to learn to love yourself. By loving yourself completely you can wash away the chaos and anxiety that your narcissist left with you.

Change is important. With these steps, you can reclaim some of your former self back, yet at the same time forge a new identity for yourself.

Learn to be mindful. Place yourself in every moment and be awake and active during it. As you practice mindfulness, your focus will keep bringing you to present moments and you will be able to let go of the memories that keep surfacing from the past.

When you are ready you can start building up healthy relationships. If you have let go of friends during your recovery, try to cultivate new and authentic relationships that offer you support.

Conclusion

People who make up the empaths and narcissists group can absorb what others are feeling. This is something that has been seen throughout history, as some cultures believed that these people could absorb life force from others. Empaths feel all of the emotions from other people, while a narcissist may use their gifts for empathy to manipulate or narc on another person.

Empaths have a tough time because they can't control how they act around other people and often find themselves looking after them constantly without even realizing it. They don't know how to stop being this way and often withdraw from society due to their inability to interact with people in healthy ways.

How to Recognize an Empath

If you have a hard time knowing how you feel and need help understanding how other people are feeling, there is a high chance that you are an empath. Most empaths have trouble coping with life because of their inability to control themselves and this is why they often retreat from the world around them.

Being an empath doesn't mean that you will always be the one looking after others, but a small percentage of the population has this tendency in them and it can cause major problems in their lives. On top of the fact that people who make up this group don't cope well, they also suffer from extreme bouts of depression and anxiety. This is because empaths constantly absorb all of the bad things that everyone around them is feeling and this causes them to become so overwhelmed that their mental health begins to suffer.

Narcissists can tune out of other people's feelings and get through life without having to worry about how they feel. Their ability to ignore their own emotions is what allows them to be accurate in analyzing other people's feelings. Narcissists will often feel irritated by the need for empathy because they feel as though there is something wrong with other people when they do this. It will take some time for an empath to learn how to cope with their gift and this means that they will not be able to live

a normal life as a narcissist does.

In conclusion, there is no need to despair if you are an empath and you find that some people really irritate you. There are also ways to protect yourself when going into such interactions. The best thing that someone who is an empath can do for themselves is to get away from the narcissist as soon as possible before the person has a chance to do more damage. It's important not to be intimidated by narcissists and not feel pressured into doing anything against your will because they will just keep pushing until they get what they want, even if it's at your expense. It's important for all people with empathy in their hearts not to let their kindness turn them into pushovers. You can't let your desire to help or be nice be exploited by anyone. You have to have firm boundaries in place and you have to stand up for yourself because a narcissist will not respect you otherwise. Take care of yourself, empaths!

OVERTHINKING

A Guide to Stop Worrying and Living Your Best Life Overcoming Anxiety, Negative Thinking, and Emotional Stress.
Control Your Thoughts and Find Your Happiness Again

Introduction

The world is full of problems, and everyone has something to worry about. With a busy schedule and the hard economy, the issues people face get too complex by the day, and our inability to deal with the challenges causes a great deal of worry, anxiety, and stress. However, adopting strategies that can help in overcoming worry is critical, which is why the information you find in this book is very important; it can help you transform your life for the better.

To that end, the following chapters will discuss the key strategies necessary to stop yourself from worrying about everything. This means that you will have to review your inner thoughts on every situation that affects your life, solve the situation using alternative solutions, and the various coping tactics that would help implement the solutions, especially in cases where worry comes in.

With worry out of your way, you will learn how to keep your energy and spirit high and cultivate a mental attitude that will bring peace and happiness. Learning the tips to increase your energy and keep yourself motivated will help you remain calm in every situation that may otherwise cause you to worry. Finally, you will learn how to get rid of unnecessary emotions that prevent you from enjoying life and living to the fullest.

There are several books on the subject of worry in the market; thanks again for choosing this one! Every effort was made to ensure that it is full of as much useful information as possible. Please enjoy!

Chapter 1: The Fundamental Facts about Worrying

Worry is a natural human process that has historically played a critical role in coping with different challenges and in our survival. Whether it is career, family, or finances, there are all kinds of things that make us worry. Most of us never choose to worry, but we are caught up in the moment, and depression sets in like a feeling of fatigue or a bad cold. And the next thing we notice is that we can no longer eat properly, sleep or just be happy. This chapter covers the fundamental facts about worrying.

What Is Worry?

Most of us worry about different things. We worry about a dentist's appointment, an assignment at school, taking a driving test, or problems with our partners. Some of us also worry about the future and events of the past. Some might even worry that they are very worried about something. However, as we become older, we look back at our lives and start thinking, "I wish I never worried so much." We come to terms with the fact that worry is not worth its cost—poor sleep, fatigue, tension, lack of concentration, tension, and lack of happiness. After all, most of the things we spend time worrying about never happen.

Excess of worry is considered unproductive. It costs a lot of energy and time. This always goes hand in hand with anxious feelings, and sometimes, depression. When one has a concern, they'll always ask: "What if…?" This causes sickness with more feelings of lost home and apathy. Worrying about past occurrences also gives rise to anger and feelings of dejection. Although past worriers are perfectly aware that they can never change the past, they are always caught up in negative thoughts and can no longer work or concentrate on their activities.

Therefore, we ask ourselves the original question: "What is worry?" The term 'worry' refers to feeling troubled about a particular or potential problem, i.e., the state of being troubled over a certain condition, whether

actual or potential. It is not the same as ‘thinking,’ worrying involves the uninterrupted never-ending repetition of thoughts. While thinking results in recovery or a solution, worrying does not lead anywhere. Thinking causes action; worrying does not lead to anything, and at the very least, may cause freezes. Thinking creates energy for taking action; worrying leads to exhaustion or tiredness.

How Much Is Worrying Too Much?

Worries are a normal part of us. It is very typical to worry about things in our lives. But “normal” worry can turn to be excessive when it is uncontrollable and persistent. When you are about worst-case scenarios and constantly get anxious thoughts in your head, it eventually interferes with your daily life.

Being worried constantly, expecting the worst, and always thinking negatively can affect your emotional and physical health. It can leave you feeling jumpy and restless all day, sap your emotional ability, as well as cause insomnia, stomach problems, headaches, and negative tension. The negative feelings associated with worrying can affect your relationships or make you self-medicate with drugs. Chronic worrying may also cause Generalized Anxiety Disorder (GAD), an anxiety disorder involving nervousness, tension, and feelings of unease.

Why Is It Hard to Stop Worrying?

Constant worrying can make you edgy and tensed throughout the day and keep you awake all night long, and although everyone hates a nervous wreck, it can be a persistent feeling that we cannot avoid. Beliefs, both positive and negative, cause most chronic worries:

Positive beliefs that cause worry—Most people believe that worrying can help avoid bad things, prepare us for the worst, prevent problems, and help identify solutions. Maybe you convince yourself that being worried about something will make it is solved. Or perhaps that worrying about something shows that you are responsible. It is complicated to break the habit of worrying when you believe that it serves a positive purpose.

Negative beliefs that cause worry—You may also believe that constant worrying is unhealthy, that it will affect your physical health. In other instances, you may worry that concern will always take over you. While such beliefs are damaging to our health, positive thoughts cause as much damage.

What Worry May Do to You?

Worry can affect the body and mind if it becomes chronic. Here are the 6 ways that worry can damage your being:

Insomnia

Often, we are kept up at night because of something affecting our lives. However, if this happens constantly, it can cause a severe effect. Sleep is a human necessity, and not getting enough can cause awful physical and mental damage. Without sleep, one can be hopeless when it comes to functioning the following day.

Digestive Issues

For many of us, worry is associated with feelings of heaviness and tightness in the stomach, just like other body organs. Anxiety and worry affect the digestive system, leading to other health conditions like ulcers and heartburn. Worry may also lead to weight gain. When we are stressed, we tend to indulge in constant eating as a means of consolation, thus, adding more calories.

Memory Problems

While worrying prepares us to face problems and even solve them, it usually exposes us to more problems by consuming all our energy and distracting us from what is going on. If you are consumed by worry, you will unlikely remember to pay that bill due or remember where you put your keys, thus adding more stress to yourself.

Damage to the Skin and Hair

When we are worried, the body releases a lot of cortisol, which triggers acne breakouts. It also results in the release of adrenaline hormone, which causes hair loss after converting into cholesterol. Worry may also affect your appearance due to certain coping habits such as biting of nails, chewing of lips, and tugging on hair.

Fertility Issues

When you worry so much, your body hormones change, and women who have stress end up having trouble conceiving. For some women, stress affects ovulation because the signals that stimulate the hypothalamus (which regulates hormones) get altered. Women under pressure may also ovulate less regularly, which makes it challenging to plan for a pregnancy. Stress-related infertility is also associated with the fact that when you are stressed, you probably will not engage in sexual intercourse as often, thus derailing fertility.

Cholesterol and Heart Problems

When we worry a lot, our body tends to release more adrenaline hormone, which converts triglycerides into cholesterol in the body, thereby increasing the risk of heart diseases. In addition, worrying causes blood pressure and an increase in heart rates, which may cause circulatory and heart-related issues.

The Magic Formula to Solve Your Worries

When we worry, our minds move from one place to another, and we lose the power to make the right decisions. However, suppose we force ourselves to accept every situation, no matter how bad it is. In that case, we can eliminate all the imaginations that we have and put ourselves

together to concentrate on our problems. Thus, using the six-step formula is critical in helping improve the problem-solving process and, as a result, reduce worry situations.

Step 1: Determine Whether Your Worries Are Merely Noise

Worry is usually a signal that you have problems to be addressed. However, the first step to manage worry is to ask yourself whether you have significant worries or simply noise—unnecessary, repetitive, and negative thoughts that just keep your head spinning. To determine this, ask yourself these questions:

Will, whatever I am worried about, happen?

Is the problem am facing real or imaginary?

Is it my mind warning me about something, or is it just my brain going overdrive?

Are these worries helping me in any way?

What are the benefits of these thoughts?

If you realize that your worries are simply noise, decide to stop having the thoughts. Tell yourself that you are in control of your thought and that you are going to stop focusing on them.

Step 2: Postpone the Worries

In a study conducted by researchers from the Netherlands, it was discovered that compartmentalizing worry or setting time aside for your worries can help you reduce them. Thus, if you realize that you have useful thoughts to worry about, you can manage them by scheduling a worrying time. Set aside up to 15 to 30 minutes each day to think about whatever is troubling you.

By setting aside time for worrying, you will be making a mental agreement, which includes the following rules:

Your whole day will be worry-free, except for the scheduled worry time.

You are not totally avoiding worrying. Instead, you are postponing the worries to the scheduled time.

You are not assuming or pretending that all is well. This means that you are going to take care of your problems that are worrying you, but at a later time.

Step 3: Practice Realistic Thinking

Sometimes our worries are exacerbated by how we are thinking about our problems. You need to ensure that you are thinking about your issues realistically, i.e., thinking about them in a balanced manner. Ask yourself these questions:

What am I worried will happen?

What are the chances that it will happen?

Is there proof that it might happen? Are there facts or just feelings?

What is the most likely thing to happen?

Is the problem as threatening as I imagine it is?

What is a helpful way to view the problem?

What is a balanced way of thinking about the problem?

After critically thinking about the problem worrying you, go ahead and conclude whether it is really worth worrying about. In the alternative, you may realize that things are not as intense as you think, that there is a bigger problem to address. In this case, move on to the next step.

Step 4: Have a Problem-Solving Session

In case you realize that the worry you have is legitimate, you need to conduct a problem-solving session. In the session, you are to carry out the following:

Understand what is actually worrying you. Rather than having a general feeling of worry, you need to pinpoint what exactly is bothering you, i.e., defining the problem as straightforward as possible. The next step is to write down the problem.

Think of a way to address the problem. If you can identify a solution, write it down. If not, come up with ideas for the next possible solution that you could consider. Can you ask someone for help? Do you need more information? Do you need specific skills?

Act: Whatever action you decided to take, take it. Once you set out a plan and start solving the problem, you will feel better.

Step 5: Accept the Things You Can’t Change

In case you try to solve a problem that you are worried about, but you realize there is nothing you can do, then take note of it. Keep looking for solutions until you find one.

Chapter 2: The Two Dimensions of Worrying

The two standard dimensions of worry are negative thinking and emotional stress. Both conditions lead to anxiety in social and performance situations and increase the chances of persistent worrying.

Negative Thinking

How we think about events and people in our lives can influence how we frame things positively or negatively. Negative thinking involves the unhealthy ways of imagining and reacting to situations, which can cause anxiety, depression, prolonged stressors, and a chronic state of mind that affects health. On average, a person has an estimated 15,000 to 50,000 thoughts every day. Out of this, almost 80% constitutes negative thoughts.

How do you know that you have negative thoughts? If you like analyzing your thoughts, it can be challenging to identify which thoughts are negative thinking and which ones are common worries. Feeling sad about an event or situation is a regular worry, just like being overwhelmed with thoughts of financial problems. However, when these feelings or thoughts become pervasive and repetitive, then negative thoughts set in.

Causes of Negative Thoughts

There are different causes of negative thinking. Negative thoughts are symptomatic of depression and can also be a symptom of obsessive-compulsive disorder (OCD) and other mental health conditions. There are three major causes of negative thoughts:

Fear of the Unknown

Most of us fear the future because we do not know what tomorrow holds.

This always results in “catastrophizing,” which entails the prediction of disaster and failure. However, it is essential to note that worrying about tomorrow is a waste of energy and time. Letting these negative thoughts stream into your system may limit what you can change today to have a better future.

Anxiety about the Present Situation

Being anxious about the present is understandable. People worry about what others think of them, whether they are doing well at work or school, or what the weather is in the course of the day. Often, negative thinkers come up with the worst thoughts like “no one likes me at school” or “my boss will probably say I am terrible at my work.” This derives fear and may make you lose control.

Shame Caused by Past Events

How many times have you remained awake the whole night thinking of something you did last month? Very often. Everyone does things that make us feel embarrassed, but negative thoughts make such mistakes stick to our minds more than usual. Avoiding such thoughts is accepting that the event happened and identifying ways to prevent it from happening again in the future.

The 3 Negative Thinking Patterns

It is very tricky to identify the pattern of negative thinking that one possesses because our thoughts always feel true and immediate. But there are three common patterns exhibited by people with negative thoughts:

Negative Rumination

Although self-reflection is a healthy process, reflection can be problematic when it becomes negative, repetitive, and excessive. Rumination is a type of negative thinking that makes us mentally stuck in a particular thought

without making any progress, just like a spinning wheel. Rumination may make you more anxious than usual as you become immersed in continuously thinking about the adverse outcomes that could happen to you. When feeling lonely, negative thoughts will make you believe that you will be lonely forever, losing even more friends, and never having kids or another partner in the future.

Rumination can also make someone feel depressed. One may focus on how bad they feel, why they feel so bad, and how things might worsen. Before realizing it, you begin to feel like a loser, affecting your motivation in life.

Overthinking

Overthinking occurs when you go over different choices several times in your mind. In the process, you start to imagine the possible outcomes of the choices and everything that could happen in the aftermath. Your main focus is on avoiding any risks or mistakes. However, the problem with overthinking is that it will make you try to control what is uncontrollable.

We all cannot predict the future, and in most cases, the effects of the choices we make are unknown. For instance, when choosing a life partner, you don’t know the situations you may face in the future as well as how your partner would react to them. Overthinking this unknown fact will rob you of the joy of situations like having kids, getting married, buying a house, or changing jobs. Overthinking can make you scared to take any action or too risk-averse.

Cynical Hostility

This negative thinking pattern is a way of thinking characterized by a lack of trust in other people. Individuals with cynical hostility see others as threats. Such people may cheat you, let you down, take advantage of you, or otherwise harm you. This pattern of negative thinking involves interpreting other people’s behavior in negative ways. For example, you may think that your friend has an ulterior motive or that a driver ahead of you is driving slowly to frustrate you intentionally. This type of thinking can increase blood pressure ruining relationships and is associated with

shorter telomeres and heart diseases.

The 4 Ways to Overcome Negative Thoughts

Not everyone who finds themselves immersed in negative thoughts has a mental illness, just like not every person with mental illness constantly finds themselves in negative thoughts. However, negative thinking is associated with detrimental mental and physical effects, particularly when the thoughts become consistent. Luckily, there are effective strategies to adopt to prevent negative thoughts, as outlined below.

Recognizing and Stepping Back from Negative Thought Patterns

Negative thoughts directly cause ‘negative’ emotions, such as stress, anxiety, depression, unworthiness, fear, and shame. Once we start to recognize and identify our thought patterns, we can learn to step back from them. Stepping back from thought is usually known as ‘cognitive diffusion.’

We learn from ‘cognitive diffusion’ how to see the thoughts we have in our minds as ‘just thoughts,’ not reality. When our thoughts are fused within us (thought fusion), it means that we tend to take those thoughts very seriously. We start believing in them, obeying them, and letting them influence our behaviors.

When our thoughts are not fused with us, we are able to step back and actualize cognitive diffusion. This means that we do not take our thoughts too seriously and only listen to them when we find them helpful. It also means that we don’t take the thoughts as the “truth,” and we do not play them out. Thought diffusion enables us to see thoughts as mere bits of language, which only pass through our minds.

Coming to Your Senses

Most negative thoughts flow in two directions; either dwelling in the past or worrying about the future. When we have negative thoughts about the past, we tend to ruminate about the mistakes, guilt, problems, or anything that did not go well in our life in the past. When worrying about the future, we fear the things that may or may not happen in our lives or the planet. These negative thoughts affect us until we lose touch with the things happening in the present moment. The taste of food we eat, the sunlight on our skin, the real connection with other people, and even lose touch with ourselves.

To focus on the present and be able to step out of negative thoughts, it is crucial that you "come to your sense." Whether at home, at the office, on a subway, or at school, notice everything that surrounds you. Use your senses effectively. Just be aware of what is happening in the present, and forget about mental dialogue on the things you perceive. Be informed of the sounds, scents, and sensations that you come in contact with.

Practice Regular Mindfulness

Each one of us has a space in the mind that recognizes deep peace. As we grow up, we get more and more involved with the mind, always thinking of our goals, hopes, purposes, problems, desires, and fears. We get so busy and get caught up in our thoughts that we lose touch with the deeper sense. It is very easy for you to be drawn into negative thoughts when you lose a more profound sense of self. In fact, studies conducted by Harvard University reveal that most people have their "minds wandering" 47% of the day, which causes cognitive fusion. However, this behavior can be avoided through mindfulness.

Mindfulness refers to the act of waking up inner peace and wholeness. It involves waking up out of mind wandering to live deliberately. Through mindfulness, we can build our capacity to live deeper in awareness and control our minds. Mindfulness meditation decreases depression, anxiety, stress and improves immune function. In fact, Matt Killingsworth, a researcher, and psychologist found that what makes people happy is being present in the moment, a state that can be achieved through mindfulness meditation.

Always Develop Questions for Unhelpful Thoughts

Some negative thinking patterns are always very ‘sticky.’ You may try to step back from them, but they will continue to have a grip on you. In case you find yourself in such a position, there are specific techniques to consider untangling yourself from them and changing your focus. These are usually questions developed to address unhelpful thoughts. Based on the Acceptance and Commitment Therapy (ACT), there are two sets of questions to address negative thoughts:

Questions to untangle yourself from the negative thoughts

Is what I am thinking about helpful or useful to me?

Is the thought a reality and absolutely true?

Is this just a story stuck in my mind?

Does this thought help me adopt an effective action?

Is this thought helpful, or am I just babbling?

Questions that can help you create new focus and possibilities

What is the deepest truth?

What do I really want to feel in this situation?

How can I make the best of the existing situation?

Who would I be if I didn’t have negative thoughts?

What new thoughts can I focus on?

How can I see this situation in a new way?

What can I be appreciative of in this situation?

The four practices mentioned above are not a ‘quick fix’ method for addressing long-standing patterns permanently. If you want an actual change, be patient and have the capacity to truly change your world from inner peace.

Emotional Stress

Emotional stress is a familiar feeling for most of us. The American Psychological Association (APA) noted that, on average, stress levels among American adults were 5.1 on a 1-10 scale as of 2015. Emotional stress can be challenging to deal with and can take a toll more than other forms of stress. This is associated with the fact that thinking about a solution can cause rumination and co-rumination, which eventually exacerbates stress levels. Emotional stress can cause both emotional and physical effects, and as such, require healthy coping strategies.

Causes of Emotional Stress

Relationships remain the main cause of emotional stress. Relationship stress creates a solid emotional response since it significantly impacts our lives. Healthy relationships contribute to good times, add resources when needed, and increase longevity. However, conflicts in relationships can greatly affect our emotional lives and even affect our physical being.

Financial crises, lack of employment, unpleasant working environment, and other stressors are also common stressors. These stressors sometimes tempt us to adopt unhealthy coping behaviors to cope with the pain, especially when we are feeling hopeless. The most challenging aspect of coping with emotional stress is perhaps not being able to change the painful situation.

Signs That You Are Suffering from Emotional Stress

Some of the emotional signs of stress include:

Depression

There is a great correlation between high-stress levels and depression. According to the Anxiety and Depression Association of America (ADAA), depression refers to an illness that causes severe and persistent low mood in an individual. A study involving 800 women found that both acute and chronic stress results in a greater incidence of depression. This means that most people suffering from depression have high levels of

stress.

Anxiety

Feelings of overwhelmed fear and dread characterize anxiety. Studies have also linked anxiety with high-stress levels. In one study, researchers found that people with high levels of work and home-related stress are more likely to show symptoms of depression and anxiety.

Irritability

A common trait of people with high-stress levels is irritability and anger. One study found that high anger levels are related to both mental stress and stress-related heart attack. In another study, which assessed the linkage between depression, anger, and stress level in caretakers, researchers found great significance in the relationship between anger levels and care-related emotional stress.

Low Sex Drive

In some people, emotional stress can lead to low sex drive and a negative impact on the desire to be intimate. In 2014, a study found that chronic stress levels negatively impact sexual arousal. The study suggested that high chances of being distracted by thoughts and high cortisol levels led to lower arousal levels. An array of research around stress and low libido involves female participants, but it can equally affect men.

Memory and Concentration Problems

If you realize that concentration is becoming a common problem and lose memory more often, stress may be the cause. A review investigating stress-response pathways and their effects on memory found that there are specific hormones following a stressful event, which can impair one’s memory. Another animal study found that adolescent rats exposed to acute stress suffer more from memory performance issues than their non-stressed counterparts.

Mood Swings

There is a significant correlation between mood swings and stress. In a 2014 study examining the different types of stress tests on mood, cognition, and physiology, it was found that both physical and social stressors have a great impact on moods and emotional well-being.

How to Cope with Emotional Stress

While you may be unable to fix stressful situations immediately, you can lessen the pain by adopting the following strategies:

Practice Mindfulness

When suffering from emotional stress, one may experience physical pain, a ‘disturbing’ feeling on the chest, a dull headache, and an unsettling feeling in the stomach. You may try to escape such feelings, but it is more advisable to use mindfulness as a means of noticing where the emotional responses are coming from. By being mindful, you will be able to reduce emotional and physical pain resulting from emotional stress.

Get a Distraction

A common belief that most of us have held over time is that if we don’t express the emotions we are feeling, then they will show in some ways. This may be true in certain ways: there are benefits of evaluating our emotional states as we can learn what our emotions are telling us. However, it was recently discovered that if we distract ourselves from the stress using healthy alternatives, we can lessen the pain and feel much better. Some emotionally healthy alternatives include watching a movie, engaging in fun activities, or satisfying a mental challenge.

Schedule Some Time

If you constantly find yourself having emotional stress without your awareness and distraction fails to work, try scheduling some time off to think of the stressors, about an hour every day. During this time, you allow yourself to think of the situation and think of a possible solution. You may also concoct hypothetical alternatives and replay upsetting exchanges. A great technique to adopt in time scheduling is journaling, especially when done through the exploration of potential solutions and the inner emotional world. Scheduling some time is an effective technique for 2 reasons:

If you tend to obsess over thoughts, you can satisfy your thought craving within a limited context.

The technique also enables you to remain relaxed throughout the day

because you have enough time to focus on your emotional stress.

Practice Meditation

When dealing with emotional stress, meditation is a very helpful technique. It allows you to keep away from ruination by redirecting your thoughts and enables you to learn how to choose a thought, and in the long term, the meditation process can help you eliminate emotional stress.

Visit a Therapist

If you realize that your emotional stress is interfering with your daily activities, you may consider visiting a therapist to help you work through your emotional issues. Talking to a supportive person about your feelings and thoughts can make you feel better. Therapy can also help you voice your worries and make you feel that someone else cares for you.

You do not need to be diagnosed with a mental problem to benefit from therapy. Many people visit therapists to help them address everyday concerns, including job stress, relationship, or self-doubt. But for you to reap benefits from a therapist, you must choose the right therapist.

Chapter 3: Decluttering Your Life

A cluttered life is always a vicious cycle. When your space is cluttered, your life feels chaotic, and when your life is cluttered, your space also feels cluttered. When living in a physical area that does not have a physical flow, you may start to step on things, rummage through piles, thus, becoming distracted because of the many obstacles you have to maneuver every day, which causes emotional and mental speed-bumps. This cycle similarly applies to emotional clutter: ideas that you worry about, although not valid, and the distracting thoughts will affect your mental and physical being.

Take some time to think about the space that you live in. This may take 30 minutes to 1 hour. What did you discover? Did you identify some obstacles in your life that you want to get rid of? If not, spend a little more time to think again, then ask yourself the following questions:

Is your living space fulfilling?

Are there stored stuff or boxes that you have never opened over months?

Are there people in your life that make you feel incomplete?

Do you have many non-used items?

Do you have equipment and supplies for hobbies that no longer attract you?

Do you feel overwhelmed by the thought of clearing your staff?

When you can answer these questions, you are probably ready to jump in. This chapter describes the decluttering process and the easiest way to declutter your physical items.

Why Do You Need to Declutter Your Physical Space?

Clutter affects all of us, in one way or another. Clutter refers to the physical items that affect your life yet do not have any inherent value. Also known as distractors, clutter is always innocuous, so the majority

store them around instead of disposing of them. These might include papers in your office, clothes in your closet, or books on your home shelf, and they could be affecting your wellbeing and focus. There are empirical benefits of decluttering, which as associated with both professional and personal environment, including:

Better Focus

Research has shown that when several visual stimuli compete for your attention, you find it difficult to narrow your focus on any of them. This means that the clutters in your life make you unfocused. You will find it difficult to focus on any task with multiple distractors, and you will not be "available" for home life also. Thus, decluttering can bring a better focus to your life, both professionally and socially.

Catharsis

Depending on the distractors that you plan to remove from your life, the process of decluttering may serve as a catharsis, which is the release of pent-up emotions. For instance, if your partner bought you a pair of pants you didn't like but has kept it for over a year anyway. Getting rid of the pants will make you feel more independent and being in control. In addition, decluttering can positively impact the state of your mental being, making you have a feeling of accomplishment.

Financial Gain

Decluttering also involves the selling of some valuable items that you no longer need. Items like junk cars, seats, and old reusable scraps could be sold for a few extra dollars. Although you won't get rich this way, everybody loves to get a little extra money.

Aesthetic Improvement

By removing distractors in your workplace and at home, you will have a

healthier and appealing aesthetic. An organized, minimalistic environment looks much better than a cluttered one, thus making your family and guests more comfortable and relaxed.

Identifying Distractors That Need Decluttering in Your Physical Space

So, what distractors do you need to declutter in your physical space? The answer to this question is simple: start with your home. At home, you will find clutter everywhere, in the living room, the kitchen, bedrooms, dining room, home office, den, attic, garage, basement, and shed. When you have an office space at home, there will be clutter in your desktop, bookshelves, drawers, email, files, pen cup, and even your work-related phone apps and folders. Other places that may also have clutter include your car, handbag, wallet, and briefcase. Below we discuss how to identify clutter in different physical spaces.

Kitchen

In many homes, the kitchen remains the most used space at home. It always has much storage space and, as such, would have many distractors to declutter. Some of the things to look at include dishes, food, storage containers, utensils, appliances, junk drawers, and pots or pans. Unused items like old spices, sauces, cookbooks, frozen food, unlabeled packages, and other fuzzy items may be distractors if not used more often.

The first step to identifying distractors in the kitchen is to empty each space completely, assess the items found, and return them. This should be done to start with the storage spaces first, like upper cabinets and pantry, and then move to drawers, the lower cabinets, and the space existing below the kitchen sink. Finally, you can move to the countertops, carry most of the items into storage space, and then keenly assess what needs to be decluttered.

The Bathroom

To identify items to declutter from your bathroom, start with the medicine cabinet. Take everything out and look for any outdated makeup, medication, and skincare products. Return everything to the cabinet spaces, and in the process, identify what you do not need. Next, check the cabinet drawers; here, remove everything and evaluate what you need to keep and what you need to toss. Apply a similar routine at the shower/tub and below the bathroom sink.

The Bedroom

The first step to identifying clutter in your bedroom is making your bed. It is complicated to locate distractors when an unmade bed is right in front of you. Remove anything on your nightstands that you feel do not belong there. This may include papers, pencils, broken eyeglasses, or books that you have finished reading. Also, check for things that you no longer use in the bedroom, like pens that have gone dry, empty tissue boxes, and chargers.

This process should be repeated on the bureaus, chests, and tops of your dressers. Check for any littered clothing and everything in the drawers that are no longer in use.

Closet and Clothing

In the closet, first, check the clothes that you feel you no longer need. Start with dresses, denim, skirts, tops, shoes, and then boots. After going through every type of clothing, you will be able to identify clutters that either you give away or you dispose of. You may also identify clothes that need repair or dry cleaning in the process, which will make your room more organized.

The Entryways

Whether you have an entryway, a foyer, or a mudroom, check if there is clutter that needs disposal. Begin with the console at the entry, removing every content in the drawers. Check the top of every console or desk for

any unwanted items. The hall closet also requires decluttering often; check the jackets, the shoes, and the accessories for clutter.

The Living Room

It has been noted that the living room is the most challenging space at home to keep neat every day. This is because it is always in use, yet it does not offer enough storage features. To identify clutter in this space, start with the side tables, bookcases, and consoles. Then move to the entertainment center and coffee table. Empty all the items in the store to identify what is actually clutter. Also, check the electronics; remove everything you feel is not connected to your home theater or television. Then move to toys; assess all toys for wear and tear and identify the ones that need decluttering.

Key Actions to Take Towards Decluttering Your Surrounding Environment

The best way to declutter your physical surrounding, including workspace and home, and your life is by taking one step at a time. The small steps you make will significantly improve your life, which would get easier to maintain in the long run. Below is a blueprint on how to declutter your surrounding environment

How to Declutter Your Home

Home is where we spend the bulk of our time, together with our families and friends. The key actions to take towards decluttering your home include:

Simply the Rooms

Whether it is the bedroom, living room, or kitchen, if any of your rooms are cluttered, you will want to simplify it. Start by clearing anything that

is lying on the floor. Donate or throw out any unused staff. Once the floor is clear, move to the surfaces like shelves, countertops, dresser tops, etc. Remove any items you find that are not useful at the moment, and then proceed to the furniture.

Check if you need any of the clustered items. Sort them out in piles, then decide whether to keep, toss, or donate them. Also, you need to organize everything that you have decided to retain. Although they will be uncluttered, ensure that they remain organized in drawers, closets, and cabinets. Consider following this process one room at a time.

Tackle the Closets

The best place to store things that you are not using is the closet. They can easily become the store for keeping things out of view, even if you don't need them in your life. Go through the cabinets and remove everything. Whatever you find unnecessary should be tossed or donated. Only keep the things that you use frequently. Also, dispose of any clothes that have not been worn for the past 6 months.

Clean the Drawers

The drawers are another prime place for shoving unnecessary items in drawers. Ensure you empty all your drawers and sort the things into whether you are keeping them, tossing them away, or donating.

How to Declutter Your Workspace

If you want to be more focused and more productive at work, it is essential to clutter out your area of work.

Start Decluttering Your Desk

Clear everything off the top of your desk and take everything out of the drawers. On the floor, assemble all the items you find, then sort them into those you need and those that should be tossed. Wipe and clean your desk and marvel at how beautiful it looks.

Once you have the items you find valuable, assort them as follows:

Set the items in an alphabetical filing system that is subdivided into projects or clients you are handling. All office supplies should be kept in

designated drawers.

Label things when necessary, and ensure that everything has its designated spot where it will be kept once you are done using it.

Keep all surfaces clear, and have a box where you will keep all incoming papers. Every day, you will ensure that all documents are filed and kept in the right place.

Declutter Your Computer

Get rid of all programs and files that you no longer use on your computer. Also, remove any icons on your desktop that are not relevant to you; they might be slowing down your computer. Another way to declutter your computer is to remove unused, old files regularly.

Move on to Information

In the current era, there are different ways that information reaches us. The information itself gets overwhelming when holding on to excess of it, and this is referred to as information clutter. Ensure you set limits to how much data you get to prevent from taking over your life.

Reduce the number of things that you reach every day to get information. Reduce your consumption of TV and news and chuck those addictive magazine subscriptions. Instead of letting information take control over you, control when and how you receive what you read.

How to Declutter Your Life

Decluttering your life will help you in attaining mental calmness and peace. Thus, you can declutter your life by doing the following:

Reduce the Level of Your Commitment

Often, we clutter our lives with many things that we need to get done everywhere, home, school, work, religious activities, meet friends and family, set some time for our hobbies, and so on. Evaluate each area of your life and write down all the commitments that you have. By having it written down, you will be able to clearly see what to prioritize. Look through each of them and select the things that bring value and joy into your life. Another way of reducing the number of commitments is through

the identification of a few people that truly value you and get rid of the rest.

Reconsider Your Daily Activities

Most people don’t set routines in their lives and simply handle any obligations, tasks, and chores haphazardly. With no structure to follow, this can lead to reduced productivity and a chaotic process. Instead of just randomly doing tasks, plan yourself each day. For instance, you can schedule to do laundry on a single day instead of doing it several times in a week.

It is also important to write down your daily and weekly obligations. This should include the scheduling of tasks and chores for the week. Hang the list where you can easily see it, and ensure you follow it. This process might, in the end, bring a sense of calm and order to your life.

Declutter Your Social Circle

As you grow up, you realize that not everybody is meant to stay in your life forever. You should spend more time with your friends and the people who make you feel happy. However, avoid those who are toxic and are committed to draining your energy.

Maintaining the Order of Your Surrounding Environment in the Long-Term

Once you have decluttered your life successfully, clutter will begin to creep back into your life. You must ensure that you weed it out so that you remain productive and accessible. To maintain the order, you will need to do the following:

Set up a System That Will Help You Monitor Clutter

Evaluate how you do things and how things enter into your life, and consider whether you can organize everything systematically, from work projects to email and your laundry. Write down a step-by-step process on keeping everything in check and ensuring you follow them as much as you

can. This will help you to minimize clutter throughout your life.

Do Not Slack Off

We are fond of postponing things to the following day, but it is worth dealing with things immediately. Throw any clutter out immediately, donate it, or put it in the designated area.

When you stick to the decluttering tips above and stay consistent, you will find yourself living a stress-free life and much happier as a healthy environment will surround you. Thus, start decluttering today by cleaning up the stuff in your environment and then move to other aspects of your life.

Chapter 4: The Basic Techniques to Analyze Worry

Although worries are inevitable in life, remember that you bring about what you continuously think about. The more you reinforce positive scenarios in your thoughts, the more you are creating the potential for a fruitful future. This means that we must be able to analyze our thoughts at every instance and solve any harmful worries to improve our wellbeing. In this chapter, we will learn how to analyze and solve our memories and how this can apply in the business environment.

How to Analyze and Solve Your Worries

We must always equip ourselves with how to deal with the different kinds of worries we experience in life. There are four key techniques used in analyzing our worries. These include getting the facts, analyzing them, arriving at a decision, and answering the 4 critical worrying questions.

Getting the Facts

Why is it critical to always get facts in a conversation? It is because, without facts, you can't possibly attempt to solve your problem intelligently. Without facts, all you can do is sit and stew around in confusion. And "confusion remains the main cause of worry."

However, getting facts is never an easy task when people are worried. When you are worried, your emotions will be riding high, and you will not be able to reach any intelligent decision on any of the problems you are facing. So, the first rule to problem-solving is getting the facts.

Analyzing the Facts

It is also important to note that getting all facts cannot do us any good

unless we analyze and interpret them. It is effortless to analyze the facts we have gathered after writing them down. In fact, noting down the facts and stating the problem can help in making a sensible decision.

Write down all the various steps you plan to take to solve your problem, as well as the probable consequences of each action. If you don’t do this, you will have sleepless nights worrying about the issues and the alternative solutions.

Arriving at a Decision

After reviewing different solutions, arrive at a decision and do something about it. Unless you act to address your problem, all the findings and analysis of facts become irrelevant. Do not start to hesitate about your actions or worry about the consequences, as this may create confusion and worry.

Answering the 4 Critical Worrying Questions

When you are tempted to worry about the problem or the solutions you have identified, ask yourself the following four questions:

What is the problem?

What are the causes of the problem?

What are the possible solutions?

What is the real solution to the problem?

By answering these questions, you will be able to stick to the right solution and eventually stop worrying.

How to Eliminate 80 % of Your Daily Life Worries

Everyone has a problem, is life, and we dealt with it promptly most of the

time without hassle. However, some issues get complicated when we cannot find apparent solutions. Such problems can cause stress and anxiety and may require new strategies. Below, I highlight the key steps needed to solve the problems that we encounter in our daily lives.

Step 1: Is There a Problem?

We need to identify and realize if there is a problem in the first place. Since anxiety and worries stem from issues, we purposely ignore them and stay away from them as much as possible. Unfortunately, trying not to solve the problem causes them to come back, and they become crises over time.

Below are ways to recognize and identify a problem early enough before it becomes a crisis:

List Your Problems

Develop a habit of making a list of the problems that you're facing in the present moment. It helps you deal with a problem more efficiently when you write it down. This method can also help you see how some of the issues reoccur.

Hint: write the problems down. When they cause anxiety, it is best to use paper and pen and work it out in a written form. You will be more likely to deal with problems if you write them down.

Consider Your Feelings

Most of us always make the mistake of thinking that our negative emotions are what cause worry in our lives. This is, however, False. For instance, you might think, "the problem is that I am always stressed at school." Yet, it is more accurate to state that there is a problem at school, such as complex subjects or distracting colleagues, which makes you feel stressed. Use the negative emotions to guide you towards solving your worries. Whenever you feel annoyed, anxious, or frustrated in a particular situation, try to find out the problem that makes you feel this way.

Identify the Challenge

A key obstacle for many people is that they look at problems negatively: if you think that issues are always threatening or as some sort of failure, and

you see yourself as a poor problem fixer, then you won't be able to address the problem! Even if you are excellent at generating solutions, you won't be able to deal with your problems if you don't think you can actually solve them. If you can identify some opportunity in a problem, you are more likely to solve it. Suppose your problem is not getting along with your neighbors, for instance. In that case, the opportunity might be the chance to work on your communication skills and resolve some of the persistent arguments.

Key point: every problem solving has some benefits attached to it. Remember that if you can solve a problem, there is one less thing to worry about and one more minor problem on your list of worries.

Step 2: What Is the Problem?

Before you try to solve a problem, you first need to define the problem. Some of the ways to effectively define a problem include:

Focus on the problem

To focus on your problem, ask yourself the following questions:

What is the problem? (e.g., my subject at school is very hard)

What would I like the situation to be? (e.g., I would like my teacher tuition me on the subject)

What are the challenges that are keeping me from my desired goals? (e.g., I will ensure I talk to my teacher about the complex topics in the subject)

Once you ask yourself these questions, you can put your problem into a sentence. For instance, the problem is that I am having difficulty with a subject in school; I would like to improve my performance in the subject, but I'm not sure how to ask my teacher to help me.

Just the Facts

Try to avoid putting assumptions or opinions into the definition of your problem. For example, thinking that your school problem is that "my teacher does not know how to teach" is an assumption. This will make the problem to be impossible to solve.

Be Specific

If you don’t focus on solving problems, it will be very challenging to know how to even start solving them. For example, if you think that your situation at school is not concrete or specific or not able to understand why there is a problem at school, how will you even start fixing the problem?

Step 3: What Are My Goals About This Problem?

To determine whether you can solve your problems, it is important to know beforehand what a solved problem may look like. Some of the tips to setting goals are:

Be realistic

Ensure that your goals are achievable. Realistic goals are reachable, and you will feel good about attaining them.

Be specific

If you have vague goals, you will not be able to know when you have attained them. For instance, if you think that your goal is to be able to pass a subject in school, ask yourself what this means. Do you want to pass the subject? How many marks are you targeting? When will you know that you have achieved your performance goal?

Start With Short-Term Goals

If you set goals that you can achieve quickly, you are more likely to work on the problem. Although long-term goals are also important, ensure that you have short-term goals so that you measure whether the problem is being solved or not.

Step 4: Thinking of the Solutions

Many people tend to make the biggest mistake when trying to find solutions is thinking about the exact old solutions. However, in case the previous solutions ever worked, then the problem would not still be there. Thus, coming up with new solutions require you to follow the rules of brainstorming, which include:

Devise Several Solutions

You will be able to come up with effective solutions if you have lots of solutions to consider. Try to generate up to at least 10 possible solutions to your problem.

Don’t Judge Any of the Solutions You Make

Keep in mind that you are not choosing a final decision yet; you are just trying to come up with alternative solutions. Even strange, silly, or extreme solutions are good at this stage. For the school problem, you might think of solutions like “dropping the subject” or “changing school.” Write these solutions down. You will never come up with a new solution if you want to restrict yourself to more serious solutions.

Have Several Alternative Solutions

Make sure that the solutions you propose are different from one another. For instance, with the school subject problem, there is not so much variety of solutions of you are thinking of “asking the teacher to give you extra tuition,” or “asking the teacher to give more clarity in the classroom.” The two solutions are basically addressing one thing: asking the teacher to guide you on the subject.

Other tips to think up for different solutions include:

Be specific: ensure that the solutions you make involve particular behaviors and not general strategies. For instance, the solution, “asking the teacher to give me extra tuition on the subject after classes,” is more specific compared to “asking the teacher to guide me more on the subject.”

Ask for help: if you are finding it challenging to come up with different solutions, ask for help from friends, families, and coworkers for help. Other people might have ideas that you have never heard or even thought of.

Step 5: Making a Decision on the Solution Identified

If you are struggling with anxiety, picking a solution to your problem may

be difficult. However, keep in mind that not solving a problem can result in further anxiety symptoms compared to trying to solve it. In the section below, we discuss the guidelines that can help you in finding the best solution to your problem:

Will the Solution I Am Proposing Fix My Problem or Help Me Reach My Goal?

This question is essential to determine whether the solutions you have proposed reach your goals. For instance, “reading a lot” as a solution to the subject problem will not help you improve your performance of getting more insight on the subject.

How Much Effort and Time Will This Solution Involve?

You should be aware that every solution requires effort and time, but the amount involved varies depending on the solution. In the given example, “dropping the subject” will be more time-consuming since you will have to start looking for a different subject for the semester.

How Will This Solution Make Me Feel If I Pick It?

If you have a feeling that the solution you choose will make you feel remorseful or anxious, it might not be the best solution after all. For instance, “ignoring the teacher after blaming him for your hate of the subject” might make you feel bad and even fail more in the subject.

What Are the Benefits of This Solution to Me and Others Around Me?

The best solution you consider should have the most benefits with minimal costs. But when you are thinking about the benefits and costs, you should think about how the solution will affect: your current and future position and other people in your life now and in the future.

Step 6: Implementing the Solution

Carrying out the solution is always the most challenging step because you now have to implement the solution. Many people are afraid that they might have considered the wrong or better solution that may address the problem more. This type of thinking is not helpful at all; it is better to act

than not do anything at all.

To be able to implement your solution, you can prepare an action plan. If you know the way to carry out your solution, you will probably follow it through. The plan should include all the steps you will need to implement the resolution, and it must be concrete and specific.

Step 7: Checking in on the Problem

Now that you have managed to implement your solution, you need to make sure that it is actually effective. Sometimes not all the laid plans work as we expect, so it’s a good idea to put down markers that let you know whether you are failing or on the right track. For instance, with the school problem, you might use interest in the subject as your solution. If you notice that you are more interested in the topic and find it easy, then the solution is working.

What to Do When Your Solution Is Not Working?

Since the unexpected can happen in life, it is possible that the best solutions don’t work out well. The best thing to do is to recycle through the problem-solving steps and ask yourself the following questions:

Was I able to define the problem properly?

Were the goals set to address the problem realistic?

Are there other possible solutions?

Is there any better solution that I could have considered?

Did I carry out the solution as planned?

Chapter 5: The 5 Golden Rules to Overcome Worries in Your Life

As soon as you lay down, thoughts start crossing your mind. Bills to pay, food to prepare, work to do, enemies to ignore, people to deal with, etc. The list continues to go on and on, and negative random thoughts consume your days and nights.

It is all because of one word: WORRY!

When worries overate you, you can become powerless and may not be able to concentrate on your work. Worries are poisons to the mind and body. If you don't stop them, you may suffocate. Here are the five rules that you can consider to stop yourself from worrying.

The Rule of Recency

"What we learn most recently is what we remember best."

Each of us responds best based on the most recent information we absorbed. This information always reaches the subconscious mind and influences our thoughts. When someone narrates to you a recent story, you will most likely remember every detail compared to a story you learned 20 weeks ago.

Prescription: Feed Your Mind and Brain with the Correct Information

To minimize worries, you need to identify the factors that trigger them. You need to uproot them, so it doesn't become part of you. Identify the objects that you associate with your worries, and write them down. Then reintroduce your brain to more positive thoughts. Also, read inspiring content, which will leave positive imprints in your mind. It is also essential to keep your mind busy with things that can help you forget the

triggers of negative thoughts.

The Rule of Attraction

“The types of thoughts you harbor attract the same type of experiences.”

To achieve the experiences that you need, you must be able to produce similar thoughts that match them. This rule is more of a mind power tool in which you use your mind to get your desired results.

Your inner self pays back what you feed it. In order to change the outcome of your thoughts, you must be willing to change their origin. When you constantly worry about certain things, you ultimately attract negative energy, which makes you worry even more. The negative energy affects your mind and body.

Prescription: Adopt Positive Energy

Your mind is full of things that you want to attend. Some of them are immediate, which you can solve with quick action, while others are beyond your control. You must accept that there are things you just can’t control, no matter how much you try to sort them out. Instead, focus your mind on the present things that you can deal with, and choose to reframe worries into positive experiences. If you have several issues that make you worry, face them with a positive attitude.

Treat yourself as your best friend and have a cheerful monologue to face the positive circumstance you are facing. Of course, it sounds like a theory, but applying this technique can improve stop your mind from worrying a lot.

Rule of Averages

“Evaluate the probability of a particular event occurring, and see if it is worth worrying you.”

Worry always prevents most of us from enjoying the things we should be celebrating. For example, some people avoid using planes because of the

fear of crashing. Some are afraid of beats due to the fear of drowning. If you check such fears, you will realize that there is only a remote possibility that such negative experiences may happen.

Prescription: Note down All Your Major Worries

It is vital that you list down all the major worries that rob you of happiness. Watch or read about your worries to educate yourself about them. If you are unable to solve the worries alone, seek help from an expert.

Rule of Energy Conservation

“You can neither create nor destroy energy but can change it from one form to another.”

Have you ever been so angry, fuming, and mad? And you ended up picking a pillow and throwing it on the floor.

The pillow is just resting on the ground and no using the energy you transferred to it. This is known as the Law of Conservation.

Prescription: Channel Your Worries into a Different Form

When you have worries, they are controlling your body with negative energy. If this energy is not transferred, you will feel the adverse effects all the time. Get a paper immediately you feel some worries are attacking you, and note them down. Then brainstorm the possible activities that you can engage in to replace them:

If you worry about breaking up with a partner, channel that energy into improvement.

If you worry about failing a test, channel that energy into preparation.

If you get worried about death, channel all that energy into living a complete, fulfilling life.

The Rule of Belief

“Whatever we believe in and feel strongly about will eventually become our reality.”

Worry steals our joy, energy, and good night’s sleep. However, we can overcome worry by doing the following:

Believing that God will help you. A belief in the power, which is greater than you, can help you build a strong foundation in developing faith in yourself. Pray and give it all to God. Once you do this, let all your worries go, as God is the only one who has helped you overcome it.

Identifying a worry absorber. Come up with a worry absorber, which you can carry. This can be a ritual where you cast out your worries as soon as they set in. Some people carry stones and would rub them whenever they worry. Other people write down their concerns on paper and burn them later, while others separate pillows, which act as a punching bag.

Chapter 6: How to Achieve Your Goals Without Worrying About Anything Going Wrong

Even though some goals may appear too daunting, it shouldn't thwart you from envisioning their accomplishments in the future. To begin, you should initially understand for what reason you're anxious about setting goals.

Objective Setting and the Brain

Whether it is as minor as beating a 6 AM due date or as significant as moving to a new position career-wise, your mind responds to the objectives you set. The instant you recognize what you need to accomplish, your brain starts picturing as though it has already occurred. The feel-good hormone called dopamine is then discharged into the circulation system. The hormone is the reason you feel cheerful and propelled even before you make a move. Be that as it may, on the off chance that you get derailed, supply all of a sudden gets cut off, and you are left feeling hopeless.

Many people get anxious when visualizing. Psychological specialists clarify that it is typical because fantasizing about achievement makes your mind hallucinate that you already accomplished it. So why put in more work? Obsessive visualization is the reason you feel twice as glum when you do not arrive at your objectives.

The three common foes that people commit during objective setting are: making too many goals at a time, getting side-tracked, and being overpowered with fear and anxiety. By addressing these factors, you will be able to make concise decisions with effective objectives.

How to Tackle the 3 Foes of Objective

Setting

Too Many Goals, Not Enough Time

Set the right goals. Try not to feel miserable because you need to accomplish a long list of things. Try to be SMART about your dreams. It sounds trite; however, it actually works. Defining objectives that are Specific, Measurable, Achievable, Relevant, and Time-bound will build the odds of genuinely accomplishing them.

This strategy starts by being exceptionally specific about what you need. Ask business head, Warren Buffett. With a continually clear schedule, he gives himself a chance to concentrate on his top needs. Not exclusively will this procedure make your objectives more attainable; it spares you time from other distractions.

Getting Side-tracked

As individuals, it is typical for us to get unmotivated generally or derailed on the goal-setting journey. Be that as it may, don't come up with it a rationalization not to achieve your dreams. As the familiar axiom goes, "if there's a will, there is a way." Experts have suggested that the WHY and HOW of an objective are urgent, so individuals would be less inclined to get distracted.

The "why" is the will, and the "how" is the way. For instance, if one of your goals this year is to switch to a new career, remind yourself why you have to do this. Is it that you are at an impasse profession? On the other hand, do you possibly need to learn a new skill you have been putting off? Then get some information about how to acquire this new set of skills. Will it expect you to clear your schedule? Or maybe consume that extra time? Do what works for you to accomplish your dreams.

Fear and Anxiety

Perhaps the ideal approach to deal with fear and anxiety is to surround yourself with individuals who have confidence in you. It does not matter whether it is one person or a whole group. Getting input and backing from those who matter to you will contribute to making your dreams come alive. They will be there to help you to remember your "why" and possibly recommend strategies for your "how."

Make sure to pick people who have your best interests at heart. They could

be your folks, relatives, dear companions, mentors, or even colleagues. Ask yourself: who were the individuals who remained with me during the most noticeably awful of times? These are the people you need with you during the goal setting. Call or contact a companion or relative and go through your stresses with them. Saying your worries aloud so anyone might hear can enable you to see them clearly for what they are. Or you could likewise read them aloud to yourself.

Ways to Relax Your Mind to Set Achievable and Effective Objectives

Are you worried about it might be too late to switch career paths? Anxious that you will presumably never get a chance to do some globe-trotting? Remind yourself that these sentiments are reasonable and that everybody encounters them at one point or another. Understanding how your mind forms objectives is an important step. You can only create achievable objectives and goals if your mind is relaxed and able to function properly. Below, I highlight the ways through which you can relax your mind.

Reward Yourself

It is essential to treat yourself and your group when you complete a crucial errand or goal. Why? By rewarding yourself, your mind inspires positive energy, prompting the acknowledgment that your endeavors bring about a positive reward. By doing this ceaselessly, your mind will begin to relate delight to completing a task or goal. Immediately you accomplish a key undertaking, celebrate.

Indeed, even a small reward is a wonderful motivator—perhaps it is a well-deserved rest, a stroll around the neighborhood, or a short excursion. Compensating yourself for triumphs of all shapes and sizes will improve things significantly.

Consider Slip-Ups to Be Part of the

Journey

If you return to old habits, rather than feeling like you have stumbled off your merry bandwagon, attempt to see a faux pas as a minor distraction on your street to a more advantageous way of life. You have not crashed your wagon or stopped it, you have essentially taken an extended route, and you will discover your way back to the main street in time.

A slip-up is a significant learning opportunity. You can discover what circumstances cause you to fall again into your old habits and afterward think of techniques to keep this from occurring next time. The most significant thing about an error is not what it was but how we react to it.

Improve Your Posture

“When we are on edge, we protect our chest area—where our heart and lungs are found—by slouching over,” says Tamar Chansky, Ph.D., psychologist, and author. For a quick physical correction to this characteristic response, pull your shoulders back, sit or stand with your feet hip-width apart, and open your chest. Correct posture encourages your body to begin to detect that it’s back in charge.

Avoid Sugar

It might be enticing to go after something sweet when you are stressed, yet that chocolate bar can accomplish more damage than anything else. Research demonstrates that eating a lot of sugar can compound restless emotions. Rather than delving into the treat bowl, drink a glass of water or eat protein, which will give a moderate energy boost your body can use to recoup.

Watch an Interesting Video

This last strategy might be the simplest one yet: cue up clasps of your preferred comic or amusing TV show. Laughter is the best medicine,

indeed, especially for an anxious mind. Research demonstrates that laughter has multiple advantages for our emotional wellness and prosperity. One examination found that distractions from overthinking could help lower anxiety as much as (or significantly beyond) what exercise can.

Deep breathing encourages you to keep calm. While you may have heard of explicit breathing activities, you do not have to stress over tallying out a specific number of breaths. Rather center on uniformly breathing in and breathing out. This technique will help delayed and refocus your brain.

Keep Your Castles in the Air

“When you have built castles in the air, let your work not be lost; that is the place they ought to be. Now put the foundations under them.” Henry David Thoreau, Walden.

The bridge between your dreams and success is action. It doesn’t make a difference to what extent it takes to accomplish your vision (recall the SMART method?).

What is essential is that you start right now. A single step is a difference between constructing that bridge and just imagining it until the end of time.

Define your objectives, have a strategy to arrive at those objectives, and finish what is required to reach or keep up those objectives. It causes the difference between having an upbeat, satisfied, less stressful life and not.

The Role of Goals in Personal Happiness

Another everyday issue that firmly connects with anxiety and stress is fulfillment and personal satisfaction. The developing field of positive brain research has been looking at what variables add to happiness and resilience. Recognizably a few objectives that, whenever met, can prompt endless bliss, joy, and resilience. Instead of just defining goals that limit or manage stress, defining objectives that lead to something other than pressure can also lead to a more relaxed way of life.

What Goals to Set?

In case you are feeling worried to the point of being overwhelmed, it is a smart thought to center your objectives more toward reducing and managing stress levels. If you are feeling general anxiety, but nothing too serious, and are finding a general absence of happiness and bliss, it is advisable to set some stress management objectives. Also, it centers on goals that advance joy and importance in life. In any case, stress relief should originate from your set objectives.

The Most Effective Method to Maintain Goals

A few objectives are short-term: acing a test, completing a project at work, or finding a good relationship. Notwithstanding, many goals that will help with managing stress levels, happiness, and resilience will, in general, be progressing, long haul objectives: daily exercise, practicing meditation on a routine basis, maintaining meaningful social connections. These objectives can be challenging to some degree, but they are rewarding and can prompt an improved life experience.

Maintaining objectives can be somewhat more challenging than that, yet this is the necessary procedure. Many people forsake their targets because they set them too high (or set inappropriate objectives for their way of life). Or they attempt to do a lot in the beginning, don’t reward themselves for gaining ground toward their goals, and surrender if they have a slip.

Sensibly arriving at objectives is critical—regardless of whether it takes longer because it is the difference between adhering to goals and arriving at many different ones and surrendering early, quitting the objectives altogether.

Handle What You Can Control

Make strides each day to achieve little progress. Every trivial task may prompt the completion of a more significant project. If you take every

necessary step and measure your efficiency and footing along the way, you are ripe for accomplishing your more significant (terrifying or extend) objective.

You can control the work process, the recurrence, and the consistency of the tasks underway. You can control whether you make a move. You can evaluate your progress by checking the plan and asking yourself:

Is it true that I am gaining ground as per the schedule's courses of events?

Have individual assignments and activities been finished according to the plan?

Am I able to see the task coming to fruition?

The last point is the most significant. We need to see an improvement to reduce stress. With progress, you begin to see the indication of what was previously a dream becoming a reality. Examples of goals springing could resemble:

Many deals in your business that approve your business model. You have not arrived at the actual objective, yet sales are a phenomenal marker of advancement.

If you are constructing an online business, you see an increase in new fellowship and even better comments, messages, and collaborations. The feedback implies you're "contacting" individuals, and they like to discover more.

If you are composing a book, you can perceive how many words you have written, sections you have finished, and how far you have advanced by your layout.

Day-to-Day

Proficiency is more pivotal than any time in recent memory - it means accomplishing more work in less time, which means higher productivity and less stress. In the age of information, being productive is often confused with being busy. There are a few things to do to keep track of your daily activities.

Plan your day.

Learn (and eliminate) your distractions.

Time your errands.

Know your shortcomings — Helps with the delegation of tasks you might not be very good at.

Take breaks.

Say no.

Automate — Research programming software and automated devices can do a portion of the more difficult tasks for you.

Unplug — Go off the grid and reconnect with yourself.

Relax — Do not carry your work home.

These techniques don’t require significant responsibilities, instructive courses, or even a great deal of time to finish. The vast majority of them can be practiced in only a couple of minutes consistently. You are more likely to accomplish more work in less time. You may even feel more jovial.

Everybody can profit from different approaches to decrease stress and nervousness with some lifestyle changes. For example, eating a well-balanced diet, restricting liquor and caffeine, and setting aside effort for yourself. The answer to quit stressing over accomplishing your objectives is twofold:

Audit your arrangement and make changes as required.

Take action.

When you accomplish something, you are on your way. When you are doing a task that is part of the plan, you increase your confidence that you can achieve your objective. When we feel better, it is harder to worry. Appraise your actions, check with the plan at that point, and make another move. Again, and again, with industriousness, recurrence, and consistency.

Chapter 7: How to Handle Meeting and Relationship without Anxiety and Emotional Stress

Handling meetings can be stressful, especially if you do not have confidence in yourself. Similarly, it will be challenging to handle your relationship with others if you are suffering from an anxiety disorder. If you at one point have had the opportunity to chair a meeting, you can agree with me that it is not easy to control all the members who mostly have diverging views on the issues under discussion. Additionally, being in a relationship where one party has an anxiety disorder is often stressful. Sometimes, the anxiety feels like a third party in the relationship, which has to be dealt with repeatedly. In extreme cases of anxiety disorder, professional assistance needs to be sought.

How to Handle Meetings

It is common to have anxiety when it comes to meeting sessions at the workplace. You might be missing out on possible promotion opportunities at work due to failure to speak out and express your views during meetings. Additionally, you might be intentionally avoiding promotions since they come with increased responsibilities such as chairing meetings as well as attending endless meeting sessions. Either way, this may hinder your excellent career growth and may also end up affecting you emotionally.

Missed deadlines, staff disagreements, and quarrelsome projects are some of the factors that turn meetings into anxiety-filled sessions. If your anxiety is at low levels or you are already receiving treatment for your disorder, there are several strategies for dealing with anxiety and emotional stress during a meeting.

Practice

You have most likely come across the common saying that practice makes perfect. This is so true, and it works well in dealing with stress while handling meetings. If you need to make a presentation during the next meeting, or you just need to improve on your general skills, then you need to practice a little bit more. You may achieve this by practicing individually or joining a larger group of friends. Group practice works well mainly because you will have a platform to:

Perfect your skills in making introductions

Speak your points out to a large group

Boost your confidence

Improve your communication and listening skills

Effectively support your colleague's ideas or differ from them

Generally, during your first sessions, you may find it hard to deal with your anxiety, but as you continue practicing, you will note that there is a significant improvement and that you can handle formal meetings in the workplace without any fear or stress.

Prepare

Preparation is, with no doubt, an essential activity in an individual's life. You always prepare when attending a job interview, when you are taking a test, and when you are going to work. The same case applies to meetings where you need to take a considerable amount of your time preparing for what lies ahead of you. A reasonable level of preparation gives you the confidence to handle the meeting. Being over or even underprepared may make you feel more anxious since overdoing or underdoing it depicts your anxiety.

Include the following tips during your preparation to help fight anxiety and emotional stress:

Research well on the issue under discussion for you to be familiar with it.

Talk to a person who helps you feel at ease, be it a family member or just a close friend.

Ensure that you wear clothes in which you feel comfortable.

Get to the meeting venue about ten minutes earlier to familiarize yourself

with the area and other people present.

Use Visuals

Having the whole boardroom looking directly at you when making a presentation is likely to make you anxious and send shivers down your spine. To deal with this, you may include several visuals in your presentation. Using visuals help divert away some of the attention from you. In addition to eliminating the fact that you are just alone in the spotlight, visual tools also play a role in enhancing your communication message. Knowing that not everyone is looking at you during a presentation brings back a sense of confidence as well as fights away any fear that may be creeping in. The best visual tool to adopt in meetings is a projector.

Know Your Triggers

The first step of dealing with a problem is to identify its cause. So, to effectively handle meetings without anxiety, you need first to determine what makes you nervous. It may be a colleague who always try to interfere with you when you are talking or just one with cheeky behavior, which makes you lose concentration during the session. For the colleague, interfering disrupting you when communicating, you may learn to counter him by saying, “Excuse me, I am not yet through with my point.” For the cheeky one, you may avoid sitting close to them in an attempt to avoid distractions, thus boosting your concentration. Handling your triggers gives you confidence and reduces anxiety and stress.

Avoid Caffeine

Do you like coffee? If yes, try to avoid taking it before and while attending a meeting. In most meeting sessions, the members are usually served coffee, but this is not good if you have problems dealing with anxiety. Caffeine present in coffee is known to cause stress and anxiety to individuals. To handle your stress and anxiety during the meeting, you

may replace a cup of coffee with a cold glass of water. The cold drink will help keep you at ease during the entire session.

How to Handle Relationships

People with anxiety disorders are likely to feel worried about something wrong happening in their relationship, and their thoughts are always centered on an unfortunate occurrence. This anxiety brings about stress, worry, and doubts in a relationship. For example, if you have fear in your relationship, you are likely to have the following thoughts and questions in your mind:

What if he/she cheats on me?

Is he/ she really serious about our relationship?

Why do I always initiate a conversation?

Does he/she love me as much as I love him/her?

What if my disorder destroys our relationship?

Therefore, to handle a relationship without anxiety and stress, you have to adopt some coping strategies, which include the following:

Keep Your Mind Busy

How can you keep your mind occupied? This is a question that most people will ask. Keeping your mind busy means shifting your focus from your relationship and engaging in other activities such as watching a movie or doing some outdoor activities. It is not easy to keep your relationship off your mind but preventing your brain from getting into negative thoughts and questions. Therefore, whenever you feel like your, anxiety is getting too much in the relationship, try and destruct yourself by doing a different activity or thinking about something else.

Physical Affectionate

Can you hold or hug your partner when things are not right between you? You will probably say no. Surprisingly, hugging or holding your partner

when you argue has a calming effect. This physical affectionate eliminates anxiety and stress by confirming to your partner that you two are not parting. The calming effect from the hug or just touching hands, makes one feel at ease, and thus, the anxiety goes away.

Identify Your Triggers

Knowing your triggers may go a long way in helping you handle your relationship without anxiety and emotional stress. You may include your partner in identifying what triggers your anxiety, and this may consist of your partner being late, him or her having long phone calls with people unknown to you, and putting loud music in the car, among others. If you and your partner identify the anxiety triggers, you will be able to handle your relationship well. Make sure you clearly define your triggers for your relationship to be smooth.

Attend Therapy Sessions

In extreme cases, you can both go for a therapy session to save your relationship. The therapist will help you understand the situation at hand and advise you on how to handle it. During therapy, you will learn how to deal with your anxious partner without ruining your relationship. Undergoing therapy sessions together helps build a secure connection with your partner, which boosts confidence and reduces anxiety.

Learn to Manage Your Emotions

When dealing with an anxious partner, you are likely to get upset and end up saying mean things that will hurt them. For example, if your partner tells you that he or she has anxiety about cheating, you will definitely feel upset and irritated in case you are faithful. You might end up defending yourself using words that may harm him or her. Learning how to deal with your emotions when dealing with an anxious partner is essential in coping with anxiety and stress in a relationship. By calmly addressing the issue and looking for a possible solution together, your partner will feel at ease,

reducing the anxiety.

While many people believe that being anxious is healthy and can sometimes help you perceive danger, extreme cases can be detrimental to relationships at work. But with proper treatment, you can effectively handle meetings and maintain healthy relationships without anxiety and emotional stress in the work environment.

Chapter 8: How to Control Thoughts with Breathing Techniques

Breathing is an essential human function that generally happens without much thought. When you take in air, the blood absorbs oxygen and discharges carbon dioxide. Carbon dioxide is a waste byproduct that is breathed out. Irregular breathing can cause an imbalance between the oxygen and carbon dioxide exchange and add to the stress, exhaustion, panic disorders, and other physical and emotional turmoil.

Have you at any point seen how you breathe when you feel calm? Whenever you relax, pause for a minute to know how your body feels. Or, on the other hand, consider how you breathe when you first get up toward the beginning of the day or just before you nod off. Breathing activities can enable you to unwind because they make your body feel like it does when you are calm.

Regulating Factors on Cognitive Functional Reserves

The theory of cognitive functional reserves is that the proposed power of a fully developed human brain to support the impacts of ailments, endless stress, or injury without showing clinically. By and large, it’s suggested that changeability in cognitive functional reserves is identified with personal variation within intellectual procedures and neural systems that enable a few people to adapt better than others. An increasing number of literary texts propose that the reserve power isn’t just dynamic and practical yet adjustable with training, time, and involvement.

This concept is a noteworthy inference from the past idea that is “brain reserve,” which proposed that the size of the brain managed the power of actions and reserves concerning cognition. Accordingly, proposing that people with comparative neural systems and subjective pattern behaviors may have divergent functional reserves. Their cognitive functional

reserves might be adjustable with strategies, for example, mindful breathing.

Cognitive training, stimulating exercises, enriched environment, and physical training were recently recognized as variables that improved mental resolve and supported psychological reserves. These elements may almost add to withstanding cognitive decay, enhanced personal performance, and improved personal satisfaction.

Enriched Environment

There is rising proof that distressing environmental conditions may negatively affect cognitive performance and lead to a considerable decrease in cognitive capability.

Cognitive Stimulating Exercises

Psychological training and exercises have been proven to decrease age-related memory loss and improve neural capacity. Another psychologically stimulating activity is breath-based meditation, as it is used to enable and help the advancement of better mental health.

Physical Training

Research suggests that physical training, coupled with yoga, could be more advantageous than exercising alone. During physical training, stress negatively influences perception, disposition, and psychological condition. Yogic breathing might be a conceivable strategy since it has been demonstrated to reduce stress and could very well improve physical training and human performance. Besides, there is developing evidence that continuing exercise performance originates from a conscious effort, and meditation may positively affect this correlation.

Lately, it was shown that meditation training has significant benefits over exercise for decreasing cold and influenza and was related to improved immune system and standard of life. While established researchers may not entirely comprehend the effect of mental status and perception on

human health and performance, it is evident that the remunerative reserve of every organ reacts to safeguard functionality.

Your Breathing Can Contribute to Your Panic

The vast majority aren't generally aware of the manner in which they're breathing; however, for the most part, there are two kinds of breathing examples:

Thoracic (chest) breathing

Diaphragmatic (stomach) breathing

At the point when individuals are anxious, they will, in general, take quick, shallow breaths that come straight from the chest. This sort of breathing is called thoracic or chest breathing. When you're feeling restless, you may not know you're breathing along these lines.

Chest breathing may cause an imbalance in the body's carbon dioxide and oxygen levels, bringing about elevated pulse, discombobulation, muscle tension, and other physical reactions. Your blood is not being well-oxygenated, and this may flag a stress reaction that adds to tension and fits of anxiety.

Conversely, during stomach or diaphragmatic breathing, you take even, full breaths. This manner of breathing is recognized in infants typically relaxing. You're additionally most likely utilizing this example of breathing when you're in a casual phase of rest.

Distinction between Chest and Abdominal Breathing

The most straightforward approach to establish your breathing pattern is to put one hand on your upper abdomen close to the waistline and the other on your chest. As you inhale, see which hand rises the most. In case you're breathing appropriately, your stomach area ought to expand and contract with every breath (and the hand on the abdomen should rise the most). It's

particularly critical to know about these distinctions during upsetting and stressful times when you're bound to inhale from your chest.

Breathing activities are anything but difficult to learn. You can do them at whatever point you need, and you need not bother with any rare equipment or hardware to do them. You can do various activities to see which work best for you.

How Would You Do Breathing Activities?

There are loads of breathing activities you can do to help unwind. The primary exercise—gut breathing—is easy to learn and simple to do. It is ideal to begin with this type of breathing if you have never done breathing activities. Other breathing activities are more advanced but can enable you to unwind and mitigate rising stress levels. Midsection breathing is anything but difficult to do and exceptionally unwinding. Attempt this fundamental exercise whenever you have to relax or relieve stress.

Abdominal Breathing Exercise for Relaxation

Whenever you're feeling restless, attempt this simple relaxation procedure:

Sit or lie flat in a comfortable position.

Breathe in gradually and deeply through your nose. Keep your shoulders loose. Your stomach area ought to expand, and your chest should rise slightly.

Breathe out gradually through your mouth. As you gently breathe air out, purse your lips, but keep your jaw loose. You may hear a delicate "whooshing" sound as you breathe out.

Repeat this breathing activity for a few minutes.

You can continue this activity as regularly as required. It very well may be done standing up, plunking down, or resting.

On the off chance that you discover this activity to be troublesome or believe that it is causing you restlessness or anxiety, stop for a while. In the beginning, people with panic disorder feel increased tension or stress while doing this activity.

The reason for this might be because of pressure brought about by concentrating on your breathing, or you might not be to do the exercise effectively without some training. If that happens to you, stop for the time being. Attempt it again in a day or two and develop the technique gradually.

Deep breathing is perhaps the ideal approach to reduce worry and tension in the body. This technique works because when you inhale deeply, it makes an impression on your brain to quiet down and relax. At that point, the mind sends this message to your body. For example, the things that happen when you were focused, such as quick breathing, increased pulse rate, and hypertension, subsides as you breathe deeply. How you inhale influences your entire body. Breathing activities are methods that are proven to relax, reduce stress, and diminish anxiety.

Subsequent Stages

After you have aced belly breathing (abdominal breathing), you might need to attempt one of these further developed breathing activities. Attempt every one of the three breathing patterns listed below, and see which one works best for you:

4-7-8 Relaxing

This activity likewise uses gut breathing to enable you to unwind. You can do this activity, either sitting or resting.

Put one hand on your gut and the other on your chest as in the gut breathing activity.

Take a deep, slow breath from your stomach, and quietly count to 4 as you take a breath in.

Hold your breath, and quietly count from 1 to 7.

Exhale completely as you quietly count from 1 to 8. Attempt to let all the

air out of your lungs as you count to 8.

Repeat 3 or more times or until you feel calm.

Notice how you feel toward the end of the exercise.

Roll Breathing

Roll breathing encourages you to cultivate the full utilization of your lungs and concentrate on your relaxing rhythm.

You can do it in any position. In any case, while you are learning, it is ideal to lay on your back with your knees bowed.

Put your left hand on your stomach (gut) and your right hand on your chest. Pay close attention to how your hands move as you breathe in and out.

Work on filling your lower lungs by breathing so that your “midsection” (left) hand goes up when you breathe in and your “chest” (right) hand stays still. Continuously breathe in through your nose and exhale through your mouth. Do this for 8 to 10 cycles.

When you have filled and cleared out your lower lungs 8 to 10 times, add another element to your breathing: breathe in first into your lower lungs as you did before, then keep breathing in into your upper chest. Inhale gradually and consistently. Your right hand will rise as you do this, and your left hand will fall a little as your abdomen falls.

Begin to breathe out gradually through your mouth. As you breathe out, feel the strain leaving your body as you become increasingly relaxed.

Work on breathing like this for 3 to 5 minutes. Notice that the shift of your belly and chest rises and falls like the movement of rolling waves.

Notice how your body feels at the end of the exercise.

Practice roll breathing every day for a little while until you can do it anywhere. You can utilize it as an instant relaxation technique whenever you need one.

It is important to note that some individuals get woozy the first couple of times they attempt roll breathing. On the off chance that you start to inhale excessively quick or feel lightheaded, slow your breathing. Get up gradually.

Morning Breathing

Attempt this exercise when you initially get up in the first part of the day to alleviate muscle stiffness and clear clogged breathing channels. Then you could use it for the rest of the day, as the need arises, to soothe back pain.

From a standing position, twist forward from the waist with your knees slightly bent, giving your arms a chance to dangle near the floor.

As you breathe in gradually and deeply, come back to a standing position by standing up slowly, lifting your head last.

Hold your breath for about 30 seconds in this standing position.

Breathe out gradually as you come back to the first position, bowing forward from the midriff.

Notice how you feel toward the end of the exercise.

Breathing activities don’t need to remove a ton of time from your day. It is extremely pretty much putting aside some an opportunity to focus on your relaxing. Here are a couple of thoughts to begin:

Start with only 5 minutes every day, and increment your time as the activity becomes simpler and progressively harmonious.

On the off chance that 5 minutes feels excessively long, start with only 2 minutes.

Practice this exercise on numerous occasions, multiple times a day. Schedule set times or practice conscious breathing as you feel the need.

Everyday stress is related to numerous physiological changes bringing about a huge decline in human performance. The techniques by which yogic breathing may decidedly affect our compensatory components to reestablish physiological systems and cognitive functional reserves are not fully comprehended. All things considered, meditation and deliberate rhythmic breathing may, to some degree, lessen the general physiological strain and mental workload on these human systems.

By diminishing the outstanding mental and physical tasks at hand on the organ systems, ideal human performance is achievable. Enhanced environments, cognitive reserve safeguarding exercises, and physical activity training, such as meditation, may positively affect continuing

human performance during times of intense or protracted stress.

Chapter 9: Ways to Cultivate a Mental Attitude That Will Bring Peace and Happiness

You have probably heard that a positive attitude is the key to your happiness. Well, this statement is factual. But you could be asking yourself, what is a positive attitude?

What Is Positive Attitude?

A positive attitude is a mental and emotional way of focusing on your bright side of life and expecting positive results. You approach life's challenges with a positive outlook.

When you have a positive mindset, you tend to make the best out of a negative situation instead of running away from it. You also look out for the best in people and yourself. Moreover, you tend to take your abilities positively. When you have a positive mindset, you make positive thinking a habit, no matter the situation you find yourself in.

Characteristics of a Positive Mindset

If you have a positive mindset, you tend to display certain traits in your character, which could be inward or outward. These traits include:

Optimism: you are optimistic if you are willing to try to do a positive task rather than concluding that whatever you will do won't succeed and, therefore, there is no need in trying it.

Resilience: resilient persons tend to try again even after failure. If you are disappointed by something, instead of giving up, you try it out again until you succeed.

Acceptance: this is accepting the way things are in your life. If you do a task and fail, you agree with the results and learn from your mistakes. You

turn a failure into a learning opportunity.

Gratitude: this is when you appreciate the good things in your life. You become happy at your achievements and blessings instead of continuously complaining about life.

Mindfulness: you tend to focus more on your goals in life. You are consciously aware of what you want to achieve.

Integrity: this is the trait of being righteous or honorable. Being a straightforward individual rather than being deceitful and self-centered.

If you cultivate the qualities discussed above in your life, you will develop and maintain a very positive mindset that will form the foundation for your happiness and peace of mind.

10 Ways to Create a Positive Mindset

As earlier discussed, a positive mindset enables you to make the best out of a negative situation instead of running away from it. Thus, the strategies highlighted below can help you in creating a positive mindset.

1. Spend Time with Friends and Family

If you want to develop a positive attitude, create time for your loved ones. You are probably a very busy individual, but you tend to be happier and even more productive if you put your family or friends at the center of your life. Make time for your family and friends, go out together for dinner, or organize weekends hiking together. Also, don’t forget to engage in memorable moments with your loved ones; go hiking, dancing, or swimming together to build a stronger connection.

If you are extremely busy, take a few minutes to call your family members. Speak positive and loving words, and above all, have a listening ear. Pay full attention as they talk, listen to their concerns, and generally show them that you care and love them.

2. Simplify your Life

If you want to remain positive, then you should avoid living a complicated life. If you are too busy with no time for a fun exercise, reflection, or relaxation, you will end up being stressed and unhappy.

Engaging your mind with too much stuff decreases your psychic energy. Learn to simplify your life. Have a small to-do list to feel lighter and happier. Create time for yourself to reflect on life generally, have fun, exercise, and do more positive activities that make you happy.

3. Get Rid of the Bad News

The news of today tends to carry a lot of negative information. Although you need to stay informed, negative news tends to make you sad.

Limit the time you spend watching the news on your TV and have more time for uplifting programs and shows. You should also spend more time reading uplifting and inspirational books. Ensure you look for positive information to fill your mind at all times. Doing this will make you happier.

4. Have More Fun

Don’t be too busy with your work or business until you forget to have some fun. Find time to do some fun activities that make you happy. Go for a hike or a road trip once in a while. Find time for your favorite sport, like playing soccer or hockey. Your life is already complicated, and unwinding can help you beat the stress. Make fun part of your daily life.

Life is full of pressures, and you must create time for the fun to cultivate a positive mindset that can help you stay happy and at peace.

5. Stay with Positive People

Studies have shown that you tend to absorb and reflect the emotions and attitudes of the people you spend most of your time with. If you spend a lot of time with negative people, you will, over time, become negative too. Look at your inner circle and cut the negative people in your life. Spend more time with people who uplift your spirits.

Look for friends who are positive about life. Such people are not only happy, but they are also confident and more focused. Do all you can to avoid people who complain about everything in life and those who cannot add any value to your life.

6. Avoid Overreacting

If you are the type of person who magnifies and exaggerates problems, you will tend to be unhappy. Life will present you with many issues. You need to see these challenges in a positive way instead of letting them stress and frustrate you. Choose to react to problems positively and avoid knee-jerk reactions. Alternatively, when presented with a question, handle it calmly and soberly. In a situation that you cannot control things, stay calm and ask others for help.

7. Practice Daily Gratitude

Life is good, despite its shortcomings. If you want to have a positive attitude and be happier, learn to be thankful in every situation life presents you. Find a positive thing to reflect on in your daily life. Even in the middle of a challenge, learn to count your blessings and be grateful for them. If you practice gratitude in your life, you will always develop a positive attitude that helps you stay happy.

8. Reframe Your Thought Patterns

If you have negative thoughts, you need to switch them off. Train your brain to think more positively. Redirect your thoughts and action from negative thinking. Reframe your thoughts to be positive. For example, if you think you will not pass in algebra because you have never caught on to it anyway, you need to say ‘‘I will pass well in algebra, I don’t believe I will fail.’’ Learn to say this loudly and repeatedly until your brain registers it. This will counter the negative thoughts.

You can also use positive actions to reframe your brain. Preoccupy yourself with beneficial activities that will disrupt your negative thoughts

9. Monitor Your Thoughts

Spend some time monitoring your thoughts and feelings. Identify instances of negative thoughts and feelings. Determine to do actions that will change you from being preoccupied with negative thoughts. For example, you can keep a rubber band on your wrist, and every time negative feelings register on your brain, move the band to the other wrist or gently pop it up. This physical pattern will interrupt your negative thoughts.

10. Create Awareness

Find a way to help you notice your negative thoughts. Find out what your thoughts and feelings are. Do you spend most of the time worrying, being anxious, sad, frightened, or irritated? Whenever this happens, find out what beliefs contribute to these feelings.

What Is the Importance of Developing a Positive Mindset?

Developing a positive mindset is the key to living a happy, focused, and self-fulfilling life. You increase your attitude in the face of whatever comes your way. You can’t control what life chooses to throw you, but you can surely control how you react and feel about life’s shortcomings with a positive mindset.

When you live a life of negativity and pessimism, you tend to lose control of your life and end up living an unhappy life. You miss out on a beautiful opportunity for growth and development. Positive emotions broaden your skills and resources and open up a world of possibilities for you.

The following are some of the outcomes of developing a positive attitude:

You will enjoy better overall health.

You will have the ability to cope with stress in a better way.

Positive thinking can increase your lifespan.

It improves your total psychological and physical well-being.

Improves your immune system.

It improves your cardiovascular health and protects you from heart disease.

It reduces stress, depression, and distress.

It equips you with coping skills that help you withstand any challenge.

Activities and Games to Develop Positive Mindset Skills

These are fun, engaging activities that you can use to develop a positive attitude for a happy life. They include:

Listening to your favorite music. Good music can change your moods and engage your brain in positivity.

Engage in positive activities such as playing a sport, meditation, yoga, hiking, or any other action you enjoy doing.

Avoid living according to the standards put by others. Avoid trying to impress or please everyone. Set the standard for your life.

Express your gratitude for all the blessings in your life. Write them down and appreciate them daily.

Go easy on yourself. Don’t demand too much from your life. Don’t set your standards too high. Be realistic and accept your strengths and shortcomings.

Watch your diet and ensure you eat healthy foods that will boost your positive thinking abilities.

Accept changes in your life, whether positive or negative. Accept changes in your life. Be willing to move on from any setback you encounter. Don’t get stuck in the past, regretting what you did and failed to do.

Take back control of your life, be your boss. Take charge of your thoughts and the direction you desire your life to move forward. Change the things you can and accept the ones you can’t change.

Practice taking deep breathes. Deep, slow breaths will transport your mind to a calm, positive place.

Make time to travel around the world. Travelling will offer you a chance to interact with different cultures and people. You also get an opportunity to make new friends and engage in fun activities.

Practice keeping a journal. Write the positive things down daily.

Do volunteer work. You get more satisfied and fulfilled when you help others.

Stand before a mirror and practice saying positive things about yourself.

Worksheets for Training a Positive Mind

Positive Self-Talk/Coping Thoughts Worksheet

This worksheet enables you to turn your thoughts from negative to positive. You come up with a list of positive statements and actions that will help you cope in a difficult or negative situation. Examples of such statements include:

I can do this

This will pass

I feel bad, but I choose to be positive

I feel safe

12 Positive Actions That Can Help You Stay Positive:

Being kind to yourself and those around you

Exercising regularly and eating healthy

Helping others and showing kindness and empathy

Relaxing your body and mind

Taking up a hobby or learning a new skill

Eating healthy foods

Sleeping well

Avoiding substance abuse

Accepting yourself

Seeing the big picture rather than having a narrow mindset

Having fun

Making friends and social interactions

Positive experiences that can help you stay positive. You need to develop positive traits, such as determination, wisdom, love, happiness, sacrifice, selflessness, kindness, and courage.

Positive Activities for Behavioral Activation Worksheet

You are encouraged to be more active and engage in rewarding positive activities. You make a list of all the activities you enjoy doing and which you find most rewarding, then list the events from the most difficult for you to do to the least difficult one. You also list these activities from the most satisfying to the least rewarding. This is the list you refer to whenever you feel the need to be encouraged.

Look Back, Look Forward Worksheet

You identified the instances in your life when you registered a positive achievement, and this is what means to look back. You then list down the good things that you are looking forward to towards. This is what is referred to as look forward.

Protective Factors Worksheet

This worksheet will help you remember all the positive skills, traits, and attributes that help you gain resilience when faced with a negative situation. Identifying these protective factors will help you to use them when faced with similar negative situations.

Positive Journal Worksheet

It helps you improve your mindset. You are encouraged to identify and record your daily positive experiences. Each day, you record three positive happenings before you go to bed. This way, you keep a positive journal that you could refer to in the future whenever you are feeling low.

Chapter 10: The 6 Ways to Prevent Worry and Keep Your Energy and Spirit High

Even to those who claim to have the perfect lives or jobs, worry and stress kick in once in a while, if not all the time. It seems as though there is too much to do within so little time and with limited resources. On top of that, you have to deal with several different people of diverse personalities adding to the source of irritation. No one is a stranger to those days or periods when everything and everyone seems boring and irritating. Your energy is usually low, making life seem monotonous and more difficult to handle in one way or another.

Ever had the experience where someone enters a room and immediately the aura in the room changes? Immediately everyone's mood is affected, and energy is drained. No one knows what to do next, affecting the day's work and productivity. No one would want to be that person that drains the psyche out of everyone else. Increased energy and positive attitude are also important as it is considered to improve the day's experiences while affecting one's health and relationship with others.

Here are a few pointers on how you can reduce your worry to ensure you have the right attitude with high energy and spirits.

Observe Good Work Habits

At your workstation, you spend approximately 8 to 12 hours of your day, if not more. It becomes your second home other than your house. Therefore, it is paramount that you ensure that place of work is as comfortable as possible to ensure smooth inflow and outflow of work. Furthermore, it assures that you are efficient in your work and have sufficient working space that is well organized.

Below are a few tips on how to ensure you maintain a comfortable and spacious working area:

Learn to Delegate

Work can be overwhelming, especially when you decide to do it all by yourself. Make work easier for yourself by being a good leader and learning to delegate duties to your juniors. This way, your work will only be to follow up on the work-issued instead of doing it yourself, which can prove hectic.

Be Organized

As a rule, always ensure your schedule is written down prior, and you are well aware of it. If it is overwhelming for you to handle it alone, you could find yourself an assistant to organize your schedule beforehand. Also, it is crucial that your desk is well arranged. This ensures that you are not only your physical appearance is organized but also your thoughts for easier flexibility and more productivity.

Always Ensure You Clear Your Desk of Non-Important Papers

Let the only papers on your desk be those of utmost importance that need to be handled first. Those that are non-urgent can be kept away in the drawer or packed away in some box. Always review all the papers on your desk every month to discard those that are no longer relevant to you.

Work Should Be Done in Order of Priority

Always ensure that the most urgent and important work is cleared out first to reduce stress and tension. That which is not required with immediate effect can be sorted out at your convenience without pressure and stress.

Solve Every Problem as It Arises

When faced with a problem, deal with it on the spot if it has all the facts that will help you reach a conclusion.

Don’t Wait to Get Tired

It is completely usual for one to get tired when performing tasks. Experts advise that you should look out for the warning signs of being tired so you can take a break before you become exhausted.

Warning signs include:

Lack of motivation to continue with the task you are currently undertaking.

Loss of energy to complete the task

You start finding it difficult to concentrate on the task at hand.

Loss of memory, either long-term, intermediate or short memory needed to complete the task.

When you notice any of the above symptoms, you should take a rest to re-energize and boost your energy levels. You will then come back to the task being more productive than you were, and in the end, it will protect you from a more severe burnout than just being tired and more difficult to recover.

Burnout is the body’s reaction to constant stress and is characterized by three major symptoms, including exhaustion, cynicism, and feelings of reduced capability. Other related symptoms include:

Decreased work performance.

Indifference to work-related activities and issues.

Physical signs and symptoms include headaches, abdominal pains, and changes in bowel movements.

Therefore, it is important that you take a break when you start getting tired instead of risking getting burnout, which requires more time to recover, and this means time lost from work.

Stop Worrying About Insomnia

Once in a while, especially when stressed out, one will tend to experience periods of reduced sleep. It is completely normal and resolves by itself r with the help of prescribed sedatives. But then the issue arises when you fail to get adequate sleep and end up worrying about it all day the following day. This worry extends into the night further worsening your lack of sleep. Lack of sleep is detrimental as it leaves you exhausted, irritable, and with less energy to perform your daily tasks.

Consequently, this decreases your productivity and affects your relations with others at work. Thus, it is advisable that when you lack sleep for a night, just let it go, relax, and look forward to your day so you can improve your chances of getting a good night's sleep. If symptoms persist, it is advised you visit your doctor for professional help.

Be Passionate About Your Work

No matter how much you consider your work boring, it is the energy and "oomph'' you put into your work that makes all the difference. Be energetic towards the task at hand, treat your coworkers with so much vigor and at the end of it all, you will notice the difference in productivity and energy levels of even those around you.

Whatever challenges that you face, do not let them deter your energy levels and vigor. Face it appropriately and treat it like any other task. Take a step back to recalculate your actions before tackling the challenge and re-strategize. Carry with you the right attitude, which is said to determine your altitude. This way, you will always have the energy to handle a task no matter how difficult and the vigor to carry out your daily tasks.

Loosen up at Your Place of Work

Work is not a punishment; neither is it a place where you have to be all wound up and worried. Your interactions with your fellow employees do not have to be always full of confrontations and arguments. It is where you earn your daily living; thus, you should always be relaxed and stress-free.

When you feel that tension is building up in you, come up with a mechanism to help you relax and relieve all the bad energy. Take a stroll around the office or go to the relation room of the office and play a few games before resuming work. Take care that you do not lose so much time in the name of relaxing that you forget why you are in the office in the first place. In this way, you get to rejuvenate and maintain high energies for the tasks at hand.

Always Ensure You Relax at Home

Some people tend to think that whatever they do outside of the office is no one's business. While this is true, it is important to understand that whatever you do outside the office can highly affect your productivity at work by impacting your energy levels, attention, and mood. Also, it is important to understand that no one is trying to dictate whatever you do outside of work.

During weekends and while on leave, always ensure you have fun and participate in tension-relieving activities such as yoga and games such as chess. This will boost your energy levels when you resume work and relieve all the tension built up while at work. In addition, it protects your health against tension-related consequences such as headaches, lethargy, muscle pains, and joint pains.

Life itself can be stressful and full of worries resulting in low energy levels and low productivity. Therefore, it is your task that you ensure you always keep your energy and spirits high all the time to avoid the consequences of fatigue. Ensure you watch out and recognize the signs of fatigue and burnout; as discussed before, it's too late for you, and you have to recuperate in a hospital. Do not take your health for granted, all in the name of work, as without good health, you wouldn't be going to work.

Chapter 11: How to Get Rid of Unnecessary Emotions by Examples Identifying to Core Values

Negative emotions are unpleasant or unhappy feelings, which make you evoke a negative effect on a person or an event. For example, if you are angry at a particular person, anger can make you do an action that will harm that person. We identify anger as a negative emotion.

It is important to note that all emotions are familiar to human beings. You are created with both positive and negative emotions, and each emotion has a role to play in your everyday life. However, you should learn to control or overcome the negative emotions that may make you harm yourself or others. In this chapter, we are going to look at the eight universal negative emotions that you may be experiencing in your life:

Anger

This is a strong feeling that you experience when something terrible or unfair happens to you or anyone you have secure emotional connections with. Anger is typical to all human beings, but it becomes a negative emotion when it is not controlled or expressed in extreme forms. When you are angry, you tend to react in different ways. You will feel like your blood is boiling or your body temperature is rising.

You can also display anger more physically, like shouting, arguing, or throwing things around. Your body language will also reveal feelings of anger; for example, you may wear a frown on your face.

If you get angry often, even with slight provocation, then you need to control it. You have heard people who, when angry, commit serious crimes such as killings. They then blame anger for their heinous acts. It is said that anger comes with regrets. You have to learn to control your anger before it completely destroys your life. If you often overreact to disappointments with anger, learn the strategies you can use to control

anger.

Annoyance

This is the feeling of being slightly angry. You can get annoyed by many things; for example, if you are in the company of someone who talks loudly, you get irritated and quickly get angry at their behavior. There is a relationship between anger and annoyance. Annoyance is often referred to as the weaker form of rage.

It comes from the same thought process as anger. When someone does something you feel they shouldn't do, the feelings of anger set in. This feeling is further reinforced by the realization that you have absolutely no control over what that person is doing. For example, if you are annoyed by a stranger in a restaurant who talks with a full mouth, you can't shout at him to stop his bad table manners. It would seem silly and embarrassing. The best you can do is get annoyed at his unbecoming behavior.

Fear

Fear is a feeling induced by danger or threat. It is a vital response to physical and emotional risk. It is a natural feeling that comes when we feel threatened by a specific situation we are presented with. It is one of your primary emotions that is linked with our sense of preservation. This is to say you are always on the lookout for anything that can harm your life.

Fear is a response from your brain, which you get when you are presented with unexpected obstacles or dangerous situations. Fear is designed to help you go through a critical condition that can harm you. It helps you to run away from any danger or to deal with it. Accepting the emotion of fear and learning its importance may help you to prepare better to tackle the problems that fear may present you with.

Anxiety

Anxiety is worrying because you feel something terrible is about to happen. Anxiety is an attempt by the brain to warn us about probable

threats and dangers presented in our surroundings. You can find yourself worried about many things; for example, you worry about your child's safety while at school. If the child delays reaching home, anxiety sets in, and your head will spiral with many worries. You stand thinking of all the bad situations your child may be going through, like accidents or kidnappings, etc.

Anxiety is a negative emotion because it distorts your judgment and ability to act reasonably. Some people also tend to overreact when presented with a harmful situation when they are anxious. For example, if you call several times a close family living thousands of miles away and they don't receive your calls, you tend to be anxious, and you may decide to drive for days to check on them

Anxiety also affects your ability to perform. For example, a student sitting for an exam but has anxiety issues may fail in that particular exam. Anxiety affects the way our brain functions normally. Your brain's ability to think and recall is adversely affected when you are worried

Sadness

You get sad when you are not satisfied with yourself, your achievements, or the behaviors of others around you. Although sadness can indicate to you what you are passionate about, extreme sadness affects your normal living. It is okay to feel sad when you fail your exam or perform dismally in an interview. But if this feeling of sadness continues for days, then you have an emotional problem that you must address.

Guilt

Guilt is a complex emotion. We experience guilt concerning our past actions that we regret it happened. You also feel guilty when you think of how your past behaviors have negatively impacted others. Although it is a strong catalyst that can make you change your undesirable behaviors, guilt becomes a negative emotion if it prompts you to do a negative act like committing suicide or harming others.

Apathy

Apathy is the state of disinterest or the lack of emotions such as motivation, excitement, concern, or passion. Apathy comes when you have lost motivation, enthusiasm, and interest in the things you previously enjoyed doing. Like anger, it can come when you lose control over a particular situation, and instead of becoming angry, we tend to pursue a more passive expressive expression of rebellion.

Despair

Despair comes when you don’t succeed in doing a particular task even after several attempts. It arises when you don’t get the expected results you were hoping for. It is a self-preservation tactic that you use as an excuse to give up on your desired goals. You can use despair as a reminder of the importance of taking a break before you continue pursuing your goals.

Causes of Negative Emotions

There no specific causes of negative emotions. It could be triggered by several situations, some of which you have no control over. Negative emotions can be caused by any of the following and many more:

Comparing Yourself to Others

Comparing oneself to others has become very easy, especially with the rising use of social media. As you peruse through your media feed or Instagram photos, you will be bombarded with information on other people’s lives. So, as you get irradiated by the best parts of their lives, you begin to compare them with your worst moments, which may cause depression.

Repeating Negative Affirmations

The brain is a powerful tool that sometimes works against us by default. With negative affirmations, our brains can be overflowed by negative thoughts, paralyzing our ability to succeed or become happy.

Underestimating Your Abilities

Never judge your skills against your favor. Underestimating your abilities can boost self-doubt and lower your self-esteem with can create an environment for negative emotions.

Avoiding Your Full Responsibility

Being fully satisfied in life involves accepting who you are and your influence on the world. However, not being able to fulfill them due to factors you can't control may lead to a spike of negative emotions if you continuously blame it on others.

Staying Close to Negative People

The environment you live in, and the people surrounding you play a key role in your thoughts and actions. If you surround yourself with 5 very intelligent people, you will soon become the next one. If there are negative people around you, you will eventually spread the negative emotions.

Tips to Accept Negative Emotions

You can best deal with negative emotions by accepting them. When you accept negative emotions, it may help you cope with them better and eventually overcome them. The key tips to accept negative emotions are highlighted below.

Teach and Learn

This strategy urges you to listen to what your body is trying to teach you

through various emotions you might be experiencing. You need to learn what they mean. You have to build your knowledge of how better you can respond to your feelings. You also learn how to interpret the signals you are receiving from your body. Learn to take into account the fact that emotions serve a particular purpose.

Express and Enable

When you experience these negative emotions, the best way to control them is by expression. You need to do this openly. This will help to increase your acceptance of your emotions. It will also enable you to avoid any resentment towards them.

Accept and Befriend

After you have accepted that the emotions are naturally part of you, you need to reframe the way you react towards them. Instead of reacting negatively, learn to react positively towards your emotions.

Observe and Attend

You need to take time to observe your emotions without suppressing or ignoring them. You should also avoid exaggerating them. Focus on your mind and body and a particular emotion you are feeling internally. You can use mindfulness to bring your focus to your mind or body.

Observe Your Behavioral Changes

Observe your body changes as you react to a particular emotion. Observe how your breath or your heart rate beats and any other physical change that you may experience as your body reacts to a particular emotion. You should do this without any judgment.

Engage in Mood-Boosting Activities

You could be feeling wrong about something that has just happened to you and is spending too much time thinking about it. Some of the self-evident things you are likely to be doing are complaining to people, continuously scrolling your phone, and sometimes crying. Some think that taking alcohol or abusing substances helps to reduce emotional thoughts, but this increases anxiety and stress.

The best way to handle this is to engage in those activities that make you happy. If it a partner giving you stress, try avoiding him or her and get a company that can make you feel better. Engaging in mood-boosting activities helps remove you from the imaginary world to the real world and realize that you can have a better life even without the partner on board. However, always seek the advice of experienced individuals to lead you through this technique, although you can practice it to perfection on your own.

Different people have different activities that make them happy. Therefore, it is essential that you chose the activity wisely, making sure that it doesn't trigger your mind towards the incidents that break your heart. Swimming can also be a good activity to engage you and drift your mind away from the traumatizing incidents.

Envisage Your Best Possible Moment

This is a technique that you use when you feel your emotions are getting out of control. Instead of focusing on the particular feeling, focus on what you would like your behavior to be. Visualize your best possible scenario. You can write what you envisage in a journal. Practicing this regularly can help boost your moods and help you handle better that particular emotion when it comes back again.

Intrusive Thoughts and How to Overcome Them

The unwanted thoughts that you could find disturbing and uncomfortable are referred to as intrusive or unwanted thoughts. The thoughts can recur several times in your day, making you obsessed with them. They come

without warning making you believe they signal something bad about yourself. Overcoming these thoughts can be a challenge. However, there are effective ways that could help you overcome them. These practices include:

Learning to Accept Your Thoughts

You can use acceptance and commitment therapy to learn to accept your thoughts. This is important for you to take the negative thoughts as just mere thoughts. Such thoughts can get you really worried and work up as if they were real thoughts.

Once you master how to accept the thoughts, it will mean nothing to you anymore. You will relax and even start avoiding them. They keep disturbing you because you keep focusing on them, maybe even trying to get rid of them. The more you do this, the more they keep recurring; this is why you must learn to accept them instead.

Don’t Personalize the Thoughts

You have to understand the thoughts mean nothing to you. They are just doubts, and they don’t represent anything about your personality.

Remove Fear out of Your Thoughts

When you have negative thoughts, you tend to react by fearing them when you fear these thoughts. They are kept alive in your mind. When you don’t overreact to the negative thoughts once it comes to your account, they will start losing their power over you. Don’t change your behaviors because of negative thoughts.

Your mind thinks you can keep the negative emotions away by changing how you behave. For example, if you have intrusive thoughts about the knives, your first instincts are to keep them far away from where you can’t easily access them. In your thinking, this could prevent you from doing any harm to yourself or those around you.

You need to stop this because this strategy won’t work in the long. It may

help you for a short while, but you won’t have solved any problem.

Chapter 12: Final Thoughts on How to Calm Worries, Anxiety and Emotional Stress

In order to calm your worries, anxiety, and emotional stress, you must change the way your mind thinks. Personal change must first take place at the subconscious level; otherwise, it will never happen. Changing the way we think is the key to changing our lives and getting what we want or desire; working the subconscious to create a change of mindset is as simple as planting the idea of what you want in your mind and intensely concentrating on it over a while.

By working on the subconscious, you will highly likely release the latent power of your subconscious mind and come out with ways to get what you want within the time you gave yourself. In the law of attraction, you are supposed to attract things, not run after them, and the subconscious mind is the key to get it to work.

Most of us fall short because we may have an intense desire to succeed but fail to give specific instructions of what we want to the subconscious mind; without your innermost mind not knowing what you want, you cannot possibly get the wheels turning to achieve it.

So, how do we tune and awaken the subconscious mind to what we want? It is first important to understand how the subconscious mind works.

How the Subconscious Mind Works

The subconscious mind is much more powerful than you can fathom, and it works for us in many ways than we even realize; it is the engine that keeps our body running, is the nerve center for memory, controls muscles, and makes us function with ease.

If you think about it, everything you do is controlled by your innermost mind; it learns and masters everything we do then takes over the job of doing it. Imagine what it can do for you to change your mindset, attract

what you want, and give you success.

How the Law of Attraction Collaborates with Your Subconscious Mind for Success

As you now know, the law of attraction is simple; what you think about most is what you get, and it happens because you are either knowingly or unknowingly instructing your subconscious mind. Therefore, the subconscious mind is very powerful, and we should know how to harvest and use its power to our advantage and success. Think positively to instruct your subconscious to relay positive vibes, which in turn attract success; you must give your subconscious instructions, and it will learn how to help you.

Your subconscious mind learns by repeating; the more you do something, the better you become because your inner mind begins to help you with memorization, actions, and reactions. Not only can the subconscious know what we want from memory, but we can tell it what we desire through repeated vocalization or thought. Decide what you want, tell yourself over and over, and your subconscious will start working on getting you to your goal.

Ways to Tune and Awaken the Subconscious Mind to What We Want

Create a Vision Board

Have an illustrated version of your goal and hang it at a place where you will see it daily; this helps your subconscious mind pick up and start vibrating out to the universe of your dream.

Write Down Your Goals Every Night

Just Before You Sleep

There is no better way to influence your subconscious than triggering or stimulating it just before you go to bed. Your brain is most active when it is resting during your sleep. By writing your goals down every night before you sleep, you will saturate your mind with the thoughts and ideas of your goals, making it aware and aligning them with what you want.

Decide What You Want, Once Decided Have No Doubt

Are you one of those who are always second-guessing themselves or are unsure of everything you do?

For the law of attraction to work for you, you must first decide what you want and have complete faith in your dream or vision. Since the law works by answering your requests, it is only natural that you must come up with something you want, make the request, or let make your intention known, then wait for your request to be answered.

Once you embark on the path of using the law of attraction to transform your life for happiness and harmony, settling on what you want is one of the most important things that you have to do, and after, you must not second guess or doubt yourself. It is also important that you be precise as to what you want; do not be too general or ambiguous in your decision or request; if you want a better life, then you must make specific requests of the things that you think or feel will make your life better than it is today.

If you feel that a managerial job paying $ 100,000 annually is what will make your life better, you must make the specific request—even going further by requesting whom or where you want to work and what time you want to be there. If being with a beautiful, caring life partner is what you want, then you request as you desire. You will receive what you ask for; therefore, be as precise as possible in your intentions or decisions.

Doubt is the genesis of negativity, which is an antithesis to creative thoughts that will lead you to success; be confident and unwavering so that you do not send mixed or wrong signals and end up getting unwanted

results. Remember, the law of attraction is about you putting forth to the universe your request through thoughts, and therefore, the thoughts you generate must be positive to help you reach your desired goals.

Choosing creative thoughts means taking the deliberate step for the manifestation of what you want or desire because the realization of your intentions is based upon the actions triggered by what you think. Actions are decisions or intentions realized, and getting whatever it is that you may want in life for positive transformation is always possible; all you need is to believe that you can get to the destination you are angling to.

All of us use the law of attraction every day; it is just that we do not realize or know that we are; we are doing it unconsciously throughout the day, and unfortunately, most of our thoughts are dominated by negativity, thus manifesting the things that cause us more despair than happiness.

Once you have reached a decision you are confident and have complete faith in, the next thing you want to do is to put it down on paper.

Write Down What You Desire or Want

You have decided what you want the universe to offer you; the next step is to write down what you want. What do you want or desire?

Using the law for transforming your life is a creative adventure and, the next step after reaching you decide to begin the process of realization by moving your desire or want from your mind to existence. By writing what you want on a piece of paper, you begin taking ownership of what you asked for; you have taken the first step in turning your thoughts and mental images into reality—you are creating!

Think about the transformation you want in your life; what changes do you want to attract in the short and long term? Write down in your journal the things that you want and while doing it, have a positive feeling of the desires you are putting down as if you already have the assurance that they are on the way.

When you exhibit these feelings, you are anticipating and laying the ground for your desired outcome and when you write, include gratitude for what you ‘already have’ and write in the present to inform that you want these things manifested now—in the present. Remember that just like the

decision you arrived at before you got to this point, the universe requires that you be precise as to what you want so that your written and thought desires match to avoid any mixed signals that may otherwise arise.

Writing what you want should not only be restricted to prose; you can have diagrams, photos, or even clippings of your request. Draw the house you want, add a photo of the car you want to drive, cut and paste magazine or newspaper clippings of the company you wish to work for, have images in your journal of the business you would like to start, draw the family you want and pray and believe that you already have it.

Mental imagery is key to the process of creation using the law of attraction; the more images you have and generate of what you want, the stronger the signal you will be sending out to the universe for the manifestation of your requests and eventually for the transformation of your life for the better. It is also important that you constantly refer to the written requests to refresh and keep active the image of where you want to get to; your attraction journal is like a map and compass that you keep referring to for guidance and to set you on the right bearing.

Once you have written everything down as precisely as you can, you will move along to the next step in the process by actively putting forward your request.

Actively Ask the Universe for What You Want

Ask, and you shall be given; if you do not ask, you cannot have. This technique is as simple as that; you already know what can make your life better, have identified it, and even written it down, but that is not enough to get you to where you want to be. Just like everything else you may want from someone else, you have to ask for it.

You now have it down on paper, go ahead and ask for it. There are many ways that people address this step of the law of attraction, and I believe that prayers are the most common way of asking or addressing the universe. I know some of you may be surprised, but if you recall, I said in the introduction that this is a spiritual process, and just like religion which most of us profess in one form or the other, we are always praying for

something from the Almighty. Prayers are simply divine requests, and you can ask at any time; you do not have to shout it out but say it loud enough for the universe to hear you.

It is also important that you actively ask for what you want, and that means that you do not do it once and forget; do it regularly and continually without tiring, keeping in mind that this is a process and will, therefore, take time before you begin realizing your dream. Again, be precise as you ask; let the universe know what you want, how you want it, in what quantity, etc., and while doing so, trust and see it as yours.

You can ask audibly or silently wherever you may be; talk out your requests as you walk, in the shower, while riding the bus, etc. By so doing, you will be creating the right conditions for getting results by sending the right vibrations out for the manifestation of the life that you want.

Ask for the spouse you have envisioned yourself living with, ask for the peace of mind that you want, and ask for the friend you want, ask for healing and better health, and do not tire. Your requests may be answered in a day, a week, a month, or more or even years; however, the one constant thing you must do is to continue asking with an unwavering belief that you are getting what you ask for.

Yes, belief. It is the next step in your endeavor for a better life.

Believe That You Will Get What You Want; Trust the Universe

How does one trust wholeheartedly in such an abstract concept as the law of attraction? This is probably one of the most difficult steps, if not the most difficult, in this journey. You know you want a new car to help you get to work more reliably, once you have the car you can put in more hours at work or even get a second job which translates to more income when you earn more you will be able to buy the things you want or pay for your college etc. Most of us face the ability to reconcile the current situation and perceived reality with where we want to be or the reality we want to live.

For example, it is very difficult for someone who has never owned or bought a car to believe that by employing the tenets of the law of

attraction, they can have it by believing. However, we are doubters in using the law of attraction; when you allow doubt to linger in your mind, you initiate the opposite reaction of what you actually want.

It is not for you to know everything; with time, the answers will be made clear to you, and you will not only get clarity but the way to get what you want will be shown to you. The way and the actions to take for you to get to your intended destination will be shown to you, and it will be up to you to notice and take advantage.

One of the powerful ways to exercise belief is to constantly have your goal playing in your mind, trust that you will achieve it, create mental pictures of the actual, and know how to be shown to you. It is like walking into your house at night and flicking the switch to turn on the lights; you 'KNOW' that by doing that, the room you are walking into will be illuminated, and I doubt that there is anyone of us who doubts that the light will come on. In fact, we do not think about it- that is the same kind of belief that you need for this process to work for you.

You need to focus your attention on your vision and not your struggles or problems; let your vision lead you to where you want to go. Confidence and belief can only be created and owned by you; be confident and secure in yourself and have an inner abundance of positive thoughts, emotions, and visions for your life. The more positive you feel and believe, the more positive outcomes you are bound to get.

Do not seek anything from outside as all you need is within you; you are the creator of what you want. The universe is only giving you what you create on your own, thus the need and importance of seeking within you first. Total belief in what you want and that you will get it is important to realize your desires; without it, nothing will work for you. Start building confidence and belief by taking small steps towards total belief, and you will reap the benefits to transform your life beyond what you ever dreamed of.

You must stop worrying about how you will get what you want- that is not your job. Leave the how to the universe and concentrate on the core principles of belief, trust, and appreciation; do not overrun your mind to anticipate or seek what you requested.

Of course, I am not advocating for blind belief; your confidence in getting what you want must be accompanied by actions aimed at reaching the

desired goal. You cannot pray and sit on your laurels hoping for things to happen miraculously—it is for you to work and create the life that you want

Have unwavering belief in your dreams and in your ability to get them, and you will transform your life like a sculptor working away the unwanted bits to remain with the image they want. So, how do you build the requisite faith to create the harmony you want in your life?

Belief or trust must be fed and nurtured to be able to get the potency and foothold desired; the best way to feed and grow your faith is through meditation and visualization.

Calming Your Worries, Anxiety, and Emotional Stress by Nurturing Your Emotional Health

Nurturing your emotional health is a skill that is possible to develop and master. Emotional wellbeing envelops doing certain things consistently to deal with your mind and body. Focusing on emotional wellbeing can cap anxiety and worry. In the same way, taking care of your physical health can anticipate the influenza virus and different diseases.

Anxiety rises to call to your attention an issue that needs to be resolved. Since emotional stress is uncomfortable, it inspires you to take care of the problem. Carrying the issue to cognizant mindfulness with the goal that you can make sense of a strategy will frequently be adequate to calm the nerves. These activities and perspectives can enable you to remain calm in emotional circumstances:

Work on Taking Gradual, Deep Breaths When You Are Relaxed

At the point when emotions rise, apply this technique. Breathe gradually and deeply to manage and quiet the sensory system. Research demonstrates that taking deep and full breaths can reduce feelings of

distress. Our bodies are wired to have the “fight-or-flight” hormone in reaction to cortisol, which is discharged under stress. Nonetheless, breathing can decrease the level of cortisol, in this way calming our body down and taking us back to a clearer mental and physical state. Attempt the breathing activities outlined in this book for a considerable feeling of serenity.

Observe Your Thoughts When You Are Emotionally Overwhelmed

Are there different ways you can work out what is going on? Realizing that there are various potential outcomes could bring your feelings down a few pegs. Observing your contemplations and feelings, just as approving them, can propel you forward. Negative thoughts regularly come into our brains without our conscious control. Science is now demonstrating that battling against unhelpful thoughts generally intensifies them and thus amplifies our emotional experience. Address thoughts head-on, as opposed to pushing them away. When done, shape them towards a positive outcome.

Use Mindfulness Techniques

As opposed to losing all sense of direction in a pitfall of thoughts and feelings, focus on yourself right now. Use your senses to center yourself on the present—the here and now. Mindfulness empowers us to disassociate with thoughts of the past and the future that trigger overthinking and stress. With mindfulness meditation, the breath becomes an object of reflection, focusing intensely on the rhythm of the breath. Consider it an activity for your brain that builds up your “attention muscle” by constraining your mindfulness and challenging you to remain centered.

Give Your Brain a Break

Step away from your present situation, go for a stroll, or accomplish something that relaxes you. Enabling your mind to experience calmness

will allow you to resist the urge to panic during stressful situations.

Exercise

Exercise is a phenomenal mind stabilizer and approach to feel progressively associated with your general surroundings. It may appear to be conflicting, yet exerting physical stress on your body through exercise can mitigate mental stress. The advantages are most evident when you exercise consistently. Individuals who exercise routinely are less inclined to encounter anxiety than individuals who do not work out.

There are a few explanations for this:

Stress hormones: exercise reduces your body's stress hormones —for example, cortisol. It additionally helps discharge endorphins, which are hormones that improve your mindset and act as instinctual painkillers.

Rest: exercise can improve your rest quality, which can be adversely influenced by emotional stress and worry.

Confidence: when you exercise consistently, you may feel more comfortable and positive about your body, which advances mental health.

Exercises—for example, strolling or running—that include repetitive movement of muscle groups can be especially stress-reducing.

Self-Compassion

As people, it's reasonable to get wound up every once in a while. Take your feelings for what they are and approve them as genuine emotions without judging yourself for being powerless. If you can observe your thoughts and emotions without judgment, they will arrive at their pinnacle faster and eventually disperse with no effort on your behalf. If you start detesting yourself, you will feel worse. Progress comes about when you remember that you are not alone and treat yourself as you would a child or a good friend. Giving yourself the same compassion helps you gain a reasonable perspective of yourself and others.

Write It Down

While recording what you are worried about is one strategy, another is writing down what you appreciate. Appreciation may help alleviate worries and tension by concentrating your thoughts on what is certain in your life. Keeping a diary can help soothe pressure and nervousness, mainly if you center on positive thoughts and emotions.

Act Now

Another approach to assume responsibility for your emotional turmoil is to act on your priorities at once. Stalling can lead you to act responsively, leaving you scrambling to get up to speed. Procrastination can cause emotional pressure, which negatively influences your mental health and performance. Start by making a plan for the day, sorted out by priority. Give yourself effective due dates and work your way through the list. Work on the things that need to be completed today and give yourself adequate time as moving through tasks or performing various tasks can be upsetting in itself. Focusing on your plan for the day can help avert the stress caused by procrastinating.

Laugh

It is difficult to feel on edge when you laugh. Laughter is healthy, and there are a couple of ways it might help soothe anxiety:

Mitigating your stress reaction.

Reducing tension by loosening up your muscles.

In the long haul, laughing can likewise help boost your immune system and mood. Research among individuals with cancer found that individuals in the laughter support group experienced more stress relief than the individuals who were merely distracted.

Surround Yourself with Loved Ones

Social help from loved ones can empower you to overcome distress. Being part of a robust social group of friends gives you a feeling of having belonging and self-esteem, which can help you on extreme occasions. A study found that for ladies specifically, investing energy with companions and children helps discharge oxytocin, a natural stress reliever. The impact

is contrary to the fight-or-flight reaction. Another study found that people with the least social associations were bound to experience anxiety and depression. Solid social ties may enable you to overcome distressing occasions and lower your propensity for stress.

Get Help

If all else fails, or if you are suffering from a chronic anxiety disorder, seek professional advice. Getting a proper assessment diagnosis will help ease the mind so that you are more able to make the necessary steps to cope and improve your current predicament.

Conclusion

Let us hope that this guide offered you valuable information that you need to overcome worry. Simply because you have finished reading this interesting book does not mean that nothing is left to learn about the topic of worry; expanding your horizons is the only way to find the mastery you seek.

Your next step should be to take action on whatever you have learned to ensure that you and everyone you care about do not live in fear and worry. In case you feel that you still need help in getting started to address all the worries in your life, you need to develop an action plan that will enable you to implement most of the proposed tips to happiness and increased energy.

Studies have shown that worry can affect the greatest part of our lives. It does not only cause physical and health effects but also creates more fear towards leading a happy and peaceful life. By setting up life goals and objectives and addressing the thoughts that influence our wellbeing, you can easily get rid of worry. Go ahead and set your own goals and plan of action, and once you have completed all the recommended strategies, you will be happy that you made a move.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!

The 5 SECRETS to Build and Grow Self-Esteem

Introduction

“Each person shines with their own light. No two flames are alike. There are big flames and little flames, flames of every color. Some people’s flames are so still they don’t even flicker in the wind, while others have wild flames that fill the air with sparks. Some foolish flames neither burn nor shed light, but others blaze with life so fiercely that you can’t look at them without blinking, and if you approach, you shine in the fire.”

Eduardo Galeano.

Empathy is an important part of human beings and it has become one of the most sought-after skills in recent years. A person can improve their empathy in many ways, but teaching yourself to be more empathetic is key.

The question that remains is how? What makes someone empathetic or why does it feel like something “just happens?” Sometimes, understanding does not mean being able to pinpoint the reason behind feeling an emotion; rather, it means you have a greater awareness of how others are feeling and empathize with them in turn.

First of all, let’s look at the possible causes of empathy. Empathy is basically defined as a sense of understanding our emotions and actions based on our experiences with them. It does not actually require that you are experiencing it yourself; it can come from reading about someone who has gone through something similar. If you read or hear about a story, then you are relating it to what you know and will feel empathy for the characters involved. Children are taught to empathize from an early age by their parents, teachers, and other people around the household.

In addition to this, empathizing can be caused by a neurobiological response, otherwise known as mirror neurons. These are very simple neurons that mimic the emotion or action they are receiving. For example, if you see something dangerous or something that makes you happy, your neurons will either become activated or deactivated. In this case, they would become activated if you were feeling the same feeling in your brain. Understanding the brain can help us understand why some people may struggle to empathize with others and also why we feel empathy in the first place.

Avoiding empathy is hard, particularly if it’s caused by mirror neurons because it requires you to close off your senses to certain actions and emotions.

This makes it difficult when you are in an emotionally overwhelming situation. For example, we could be seeing something tragic on the news and after a while, we start to feel emotion, which can cause us to shut down or ignore it.

If this is the case, then mirror neurons would become activated, and you

may struggle to empathize with another person, repeating the same actions in your brain as you do. If your neurons become activated and they don't know who that is, then you will not empathize with them even if they have an emotional response because no one has experienced that emotion yet. This causes you to not empathize with them and it could cause further issues because you are not aware of their emotional response at that time. The same thing happens if the actions are too far removed from your experience.

Empathy also develops as you age and through social interactions. If a child has no understanding or exposure to certain emotions, such as sadness, then they may have no way to feel empathy towards someone else who is sad. A child would only be able to empathize with someone if they have both been in the same situation, or the child had come across something similar to that emotion. This is called vicarious learning.

Vicarious learning is when we learn something because we have been in the same situation before. For example, if you are sad and someone else tells you they are sad, then you could learn from them and feel sadness as well. This is an example of empathy. It helps us to understand the cause of certain emotions by understanding what it would be like to experience it as an adult. This theory is not foolproof though, because sometimes we just don't know why people or things make us happy or sad and that's where theories about mirror neurons come in.

Another theory explains empathy in more detail. It says that empathy is caused by your brain imaging the other person's emotional state and then sending other signals in order to replicate it. When this happens, you may feel another emotion just as if it was happening to you. For example, if you see someone cry, then your brain will send out signals to make you sad, which means that your mirror neurons will have the images of the person crying in their minds, which makes them sad too.

This is still difficult to understand and is not an exact science, but it does give us a better understanding of how empathy works in the brain.

What Is the Problem?

You tell yourself you deserve better. You think of the perfect man, or woman, to love and cherish you. You have all these wonderful qualities

that make you such a great person, yet still, no one wants to be with you. Why? Has your self-esteem reached rock bottom? It might be time for an intervention. The problem won't go away without your help and some hard work!

Help for Low Self-Esteem

Once upon a time, I had low self-esteem too, but now I live with high esteem every day. I'm sure you can do it too!

There are many ways to raise your esteem (self-opinion of worth) and I want to help you with some suggestions. You can apply them right away.

Before we get started, let's first cover a few pointers. First of all, never sell yourself short or compare yourself to others in order to feel better about yourself. Don't forget that God is the highest source of self-esteem in this world. Remember that he loves you and accepts you just as you are.

Find ways to boost your self-esteem. Do things that make you feel like a winner. Let me take an example. If you're a runner, join a running club or form one of your own. That way, the people in the club will appreciate your abilities and enthusiasm towards the sport and will most likely respect you more.

If, on the other hand, you enjoy painting, then start a painting club or better yet, join one at your local art center. There are many ways to get involved with others in activities that make you feel good about yourself and inspire confidence within yourself. You can also do things in your everyday life.

For example: If you've never cooked before, then go home and prepare a meal. You can also take these ideas and expand upon them by discussing with friends what makes them feel good about themselves that day.

Of course, it is not only about:

- **Being positive.**
- **Exercising or sports.**
- **Cooking/food.**
- **Painting/art.**

- **Reading/learning.**
- **Speaking out.**
- **Joining a club or sport.**

This will help you to meet different people and share your hobbies with them. It will help you with new knowledge, skills, and ideas, and make you more confident!

Do things that will give you new experiences. This might be:

- **New places to go and explore.**
- **New people to meet with your friends.**

So much more! You can try all kinds of activities. Life is full of possibilities! You can learn new skills, discover yourself, make new friends, and build confidence within yourself. You know what? It's fun! And such simple things, again.

- **Spending time with family and friends. This will make you more confident.**
- **Paying attention to how you feel every day. Don't forget to get out of your comfort zone and try new things. There's a new person in your life for a reason!**
- **Talking to people, asking questions about life and living it. This will help you grow from the experience and learn more about yourself in the process!**

You can always start small; at first just one thing and work up to more. You can increase your self-esteem just by:

- **Sitting up straight.**
- **Looking people in the eye when they speak to you.**
- **Using words like "I" and "me" instead of "you" or "we" when expressing yourself to others.**

I know that learning new things about yourself can be a bit overwhelming at first, but don't give up. Start with something small like accepting

compliments from people. You'll be surprised at how doing this can completely change your outlook on the world!

If you want to improve your self-esteem and confidence, even more, think about what you could do to make your day better and more fulfilling. Do things like:

- **Having a glass of wine with your family (or alone). This will make you feel great.**
- **Watching TV with a friend. How many hours of happiness do you have sitting in front of the TV? That's a lot! Just imagine how much more great times you could have if you did something instead.**
- **Do things that give you amazing experiences or give back to others.**
- **You could be one to volunteer your time to help those in need.**
- **You could share what you know with others.**
- **Do things that give you a new outlook on life.**

Maybe it's time to start thinking about coming up with a dream and trying to make that dream become reality. If there is something that you want very much; like to own your own business or travel the world, then work towards achieving that goal. But make sure to take your time, allow yourself to take risks, and enjoy the process. Take time out to recharge and get some rest. Nothing builds a better relationship with yourself than being respectful of how valuable you are and being kind to yourself.

In fact, self-esteem is one of the most important factors in determining whether a person will be happy or unhappy. Without high levels of self-esteem, you are unable to achieve your full potential and feel truly satisfied. It can lead to mental health issues, such as depression or anxiety, a negative attitude, and unhappiness in life.

> **What is self-esteem? Self-Esteem means how much we like ourselves. People with high levels of self-esteem usually like themselves for who they are, while people with low levels of self-esteem don't fully like themselves for who they are.**

How do we develop our self-esteem? Self-esteem can be developed in two ways:

- **Self-categorization (the way we perceive ourselves): this is a process by which we first understand that we are a member of a certain category or group of people before we start judging ourselves as such. In this process, people initially define themselves as the group's members and then eventually learn to compare themselves to other members in the same group.**
- **Social comparison: this is a situation where people use their peers' opinions to determine how they feel about themselves.**

How important is self-esteem? Self-esteem can be measured by a scale called the Rosenberg self-esteem inventory, which measures our levels of self-esteem. The results of the test help assess how well you're doing in regards to your levels of self-esteem. Therefore, it is an extremely useful tool for assessing mental and physical health. High levels of self-esteem can cause you to live life to the fullest and improve your overall well-being. Low levels of self-esteem can have a negative impact on mental health and can sometimes lead people to develop low self-esteem issues.

What happens when self-esteem is too low? People with low levels of self-esteem find it difficult to cope with stress. This could lead to depression. The reverse is also true, as people with high levels of self-esteem tend to cope positively with stressful situations and are less likely to develop depression as a result.

How can we protect and nurture our self-esteem? We must courageously take charge of our lives and embark on a profound journey of personal growth. "I am the master of my fate: I am the captain of my soul." As Henley wrote, we have the power to direct our lives according to goals and values. Perhaps the poet could have informed us that we can put ourselves at the helm of our lives because we have the power to control our thoughts, the way we see ourselves and perceive the world around us. There are many reasons for low self-esteem. Gaining control of ourselves through what we think will change the way we act. In this way, one step at a time, it

can be rebuilt and nurtured every day. This guide aims to help you embark on this journey. Let’s start.

Step 1—Never Too Late

“Life is not what it’s supposed to be. It’s what it is. The way you cope with it is what makes the difference.”

Virginia Satir.

It is never too late to take charge of their lives and embark on a path of personal growth. It is always possible to start a path of maturation and psychological growth to build and increase self-esteem because there is a vocation for constant and continuous growth in the human being. We can be marked by painful “imprints,” but what counts is how we place ourselves before them. There are many reasons for the low self-esteem in our society, and it is true that we live in a world of vices and fundamentalism, but this does not make us be what we are not. If we recognize the values we have and know what we can do about them, self-esteem can be rebuilt in our lives.

Maturation is a process that involves changes in the psychological organization. It is different from the “destruction” of some “imprints,” which cannot be corrected forever. The dynamism of maturation allows us to correct these embedded patterns at any point in time by replacing another one more appropriate to the stage of life to which we are subjecting ourselves.

We live in a world where values are modified and simplified to fit our own convenience. The society we live in already exists, but not the one we deserve to have—what we want is what we’ll get. But this does not mean that the ideal value of our time, which is expressed in words and actions, is cheaper than the ideals of other times. Even if our values are less than those of previous eras, they are still valid and worthy to be lived by us today.

Why should we aspire to be better people than before? Because there is no worse person than someone who does not try to improve himself/herself. The human being is subject to all kinds of temptations: in youth, he/she becomes a victim of carelessness, in mid-life—of boredom, and in old age—of complacency. Even though we do not have hard experiences that can be counted as the cause of our present self-esteem crisis, it is hard to avoid thinking about them or keeping them as dark memories always present in our lives.

Self-esteem is the feeling of our own importance and quality. It is either based on certain qualities inside an individual or on external criteria imposed on him/her, but the value of this feeling depends on the actions a

person carries out or does not carry out.

All people are confronted with situations that can cause fear and self-doubt. The dilemma is not whether we will experience them in our lives, but how we will face them when they come. A person who experiences a mental crisis, an injury that puts his/her life on the line, or who has to face a difficult event such as unemployment, divorce, or a serious illness is subject to psychological impacts. At this point, there arises the need to find resources that allow us to recover our sense of coherence in ourselves and in society.

Humility is one of the virtues that helps us to get through difficult moments unscathed. This does not mean that we must think we are worse than we really are, but to know what we are and face life as it is. To accept ourselves at any stage of life is the best way of self-esteem. This allows us to understand our achievements and correct our errors, and it empowers us to make decisions about our lives based on a broader vision.

During this path, there will be moments where it seems that everything is falling apart; this is when wisdom appears in our lives through a good dose of realism. Some people can get into depression or anxiety disorders, which can cause serious damage to their self-esteem and further complicate their emotional life. However, the dynamic aspect of life allows us to overcome any negative situation we encounter in our lives and face new problems and challenges without problems.

It is always possible to build and strengthen self-esteem because there is a vocation for constant growth in the human being. We can be marked by painful “imprints,” but what counts is how we place ourselves before them. There are many reasons for the low self-esteem in our society, and it is true that we live in a world of vices and fundamentalism, but this does not make us be what we are not. If we recognize the values we have and know what we can do about them, self-esteem can be rebuilt in our lives.

Step 2—Focus on Yourself: The Awareness

Let us not look back in anger, nor forward in fear, but around in awareness —James Thurber.

It is possible to increase our self-esteem through self-awareness.

Self-awareness

Self-awareness is the second step in building and growing self-esteem. It is the ability to be present with your emotions, thoughts, and actions. The first step towards building self-esteem is loving yourself for who you are. Self-love is the foundation of good mental health and personal development. It means accepting all aspects of yourself from your physical appearance to your flaws without judgment or criticism from others. Acknowledging our self as well as other people's uniqueness will make a difference in our lives and help us grow more confident in what we bring into the world despite criticism or discomfort it may bring about for ourselves or others.

Building self-esteem is such an important thing that many mental health experts warn about its destructive nature when left unchecked, without acknowledging both your strengths and weaknesses. Self-esteem is a value or belief that you have about yourself that can affect your behaviors and attitude towards others. It gives you a sense of worth in what you do and who you are. Self-worth is also referred to as self-esteem or self-regard. To build self-esteem, you must put forth effort into becoming better every day. You need to be consistent and have the ability to recognize growth over time.

Am I doing what I would be happy with myself in?—Heather Payne Wendlandt.

Self-esteem is the sum total of our own subjective opinions, values, and feelings about our worthiness to be admired and respected by other people. Self-esteem has three basic components:

- **The evaluation of others' reactions.**
- **The degree to which you believe that the self-image corresponds to objective reality.**
- **The degree to which our self-concept is oriented toward fulfilling aspirations and goals.**

Importance of Self-Esteem

Building high self-esteem is important at any stage in life. It gives parents their confidence for being able to help their child in learning, growing, and developing themselves into a better person through their school grades, personal relationships with their friends or parents.

Self-esteem for students is the cornerstone of their personal development. Having high self-esteem will help them be creative, grow intellectually and do better in school than those who have a low standard of self-appreciation. When we feel good about ourselves, we are using the energy to do the best that we can academically. Adolescents are particularly vulnerable to feeling low self-esteem due to the many changes that take place during this period in their lives, such as puberty and development that is biologically programmed into their lives. They may start comparing themselves with others around them and this causes them to wonder if they are as good or smart as others who seem to be going ahead in life so fast. Adults often lose their confidence as they feel the strains of everyday life such as work, paying bills, and being parents. Everyone loses their self-esteem at one time or another in their life.

Self-confidence is the ability to trust in our own abilities. It is an unshakable self-belief even under pressure or stress, so we can take on any challenges. It allows you to feel comfortable with yourself and not have to rely on other people's judgment of your actions or decisions to establish self-worth. Self-confidence can be your best friend in life but also your worst enemy if it is not handled properly because it can become a short-term confidence that disappears when a stressful situation occurs. Instead of having the experience of facing your fears and overcoming obstacles, you will just shy away from them because, in your mind, you are not good enough to confront them. To have self-confidence is to be able to know

that your decisions are the right ones, even when other people don't agree with them. They may not agree with you but they accept that you feel strongly about what you want to do and they trust that you have thought it through logically and been sensible of your decision making. They trust that you will do what is right for yourself.

One of the benefits of having a good sense of self-esteem is the ability to accept yourself and others for who they are. It allows you to treat yourself with kindness and teach you to not be judgmental of your choices or experience in life. When you are able to accept other people, you are not afraid to reach out and help them when they need it. You are no longer afraid of making a fool of yourself because they know that everyone does at some time or another; if it should happen again, it's no big deal. You believe in your own decisions and stand by what you say so can support other people in their decisions too. It is good for relationships because it allows you to be yourself with the other person while still being able to care, and want to be close with them.

Self-esteem can also be applied to your child's development. When you have high self-esteem, it shows in every aspect of your child's life. You don't worry so much about their grades or behavior because you trust them to make the right decisions for themselves. Self-esteem is like a rubber band that stretches with your child as they make new discoveries and learn new things in life.

Confidence is not "feeling" that we won't fail; it is being sure that we will succeed. It is being true to your word and never breaking a promise, no matter what. It is overcoming obstacles and never giving up, even when the consequences are severe. It is the desire to achieve goals and make dreams come true.

Empowering students with a sense of inner control has been found to help build positive self-esteem in children (Shaffer, 1987). Shaffer and Hailey (2005) found that inner-directed students often develop a sense of self that includes competence, mastery, and an ability to make choices.

This means that students who are empowered with an internal locus of control will have a greater sense of autonomy or control. These students should be able to make decisions about what they do without asking for help from others or reaching out for external control.

A person's locus of control can affect how you feel about yourself. People

vary in the degree to which they believe things are controllable versus uncontrollable, which affects their sense of self-esteem. People with high levels of internal locus of control believe that they control their own destiny, that they have a choice in their actions. An external locus of control believes that things are beyond the person's control and not in their hands at all. People who have this belief are likely to feel helpless and actually avoid taking action because it is not worth it if things will not work out the way you expect them to. This is called learned helplessness and can be an obstacle to effort when you have this type of internal belief about life.

Dispositional factors, such as introversion, can contribute to low self-esteem because it makes forming relationships more difficult for people who are shy or introverted by nature.

Self-esteem can be reduced if parents teach their children to be self-centered and not consider how their actions affect other people. Parents who do this are often thinking of themselves without thinking about others. They believe that they have the right to do whatever they want because it's their life and they can't make sense out of anything, so it's better to just do what you want and not think about anyone else's feelings or needs. When you have a higher level of self-esteem, you will consider how your decisions affect others. Having high self-esteem means taking responsibility for yourself and your actions without blaming others when things go wrong.

Self-esteem is also affected by an individual's level of self-efficacy. The way that you think about yourself and how you see yourself influence your sense of self-esteem. Someone high in self-efficacy has a positive view of themselves and their abilities and sees themselves as capable and worthy. This person may be viewed as more confident and stronger-willed because they do not hesitate to take action. People with low levels of self-efficacy feel that they are not good enough to do everything, but they believe that with hard work or practice, they can get better, which gives them hope and motivation to try harder in life.

Many people think that having high self-esteem means being conceited, but that is not true at all. People who have a high level of self-esteem are comfortable with themselves and respect themselves, and they also respect other people. They have the wisdom and knowledge needed to deal with

stressful situations in life without feeling the need to hide from problems or act foolishly in front of others. People who have a good sense of self-worth are likely to treat others kindly and respectfully, even when angry or upset. Self-esteem does not mean being proud or bragging about yourself because that can be considered arrogance. Self-esteem is a high regard for your own abilities and worthiness.

There are four basic skills all people need to develop to have high self-esteem. These skills include good communication skills, goal setting, decision making, and self-awareness.

Good communication in any relationship is extremely important to help maintain good feelings between you and your partner. All relationships are based on communication between you and the other person. If there is no communication, then there is no relationship. It is necessary for all relationships, including family, friends, and your parents. Being able to talk about feelings and difficult situations will help you to understand one another better and will also help you to be more satisfied with the relationship.

A good example of poor communication would be if one person yells at another person when they are upset with them or being disrespectful towards them or angry with them for something that was done wrong. Yelling sends the message that you are mad at the person and that you will not care about their feelings. This is a way of expressing anger towards another person, but it does not solve anything. One thing about communication is that it can be hard to know what to say or do when there is an argument happening. In many cases, people do not express their true feelings in arguments because they are too angry or nervous to talk about what they feel. It can be helpful to make a list of things that are bothering you before arguing with your partner so that you have something written down for reference while talking about hard or sensitive subjects. One thing that people often do when they argue is to avoid talking about what they actually want because they are afraid or embarrassed to say what they feel. For example, if you complain that your partner does not pick up your dirty clothes off the floor, and he/she says that you just need to do it yourself, then the other person might not feel good about admitting this fact and may become defensive instead of listening to what you are really saying. Talking about difficult situations openly with your partner before

getting angry will help keep the peace in your relationship. It will also help both of you to know exactly where everyone stands on the issue so that you can work out a solution together in a healthy way.

Good communication involves talking and finding solutions to problems in a calm way. However, it is possible that there are times when you may become angry or upset with your partner, which is completely normal. What makes good communication skills is how you manage your anger. If you can control your anger, then you can talk about what is bothering you and ask for help from your partner, without being mean or disrespectful to each other. Holding in feelings of anger often creates stress in relationships because the feelings become bottled up inside of you causing resentment towards one another instead of being able to work things out like an adult who can solve problems calmly. It is better to express your feelings and listen to your partner about what they are feeling when you two are arguing. Try to understand the other person's feelings and needs as well as your own.

Being able to set goals in your life is an important part of having high self-esteem. Setting goals helps you get motivated and gives you something that you can work towards achieving. When you have a goal in mind, it makes it easier for people to notice what you are doing because they want that goal, too, and that implies mutual motivation between all involved parties. Setting goals is a good way of gaining self-confidence because you accomplish something or you improve upon something. Goal setting will help people to improve their lives by establishing realistic goals which are within their own ability to reach.

The most important thing about setting a goal is that it must be realistic and possible so that people can set them for themselves without feeling like a failure when they are not able to reach the objective. The best way to make sure that your goals are achievable is to break larger goals into smaller, more manageable ones and then work towards those until they are complete. One example of a goal that is realistic and possible is saying that you will lose weight by walking or running a certain amount of time each week. A realistic goal is something that you can actually reach and succeed at.

How to Set Goals for Yourself

Think about what you want to accomplish in life for it to work. Use your imagination and think about how you can do it. If needed, write out a list of the steps needed to accomplish what you want. Write down how long it would take you to do the steps in order for you to reach your goal if everything else is already in place. Once the tasks are laid out step by step in order, then decide which one or ones you can do first.

If you have a goal and want it to work, then you must follow through on it. If the goal is something that will take a lot of time, then try to break it down into small, manageable steps. Accept that major changes usually take time, but smaller adjustments can be made quickly.

When people set goals for themselves, they often use unnecessary excuses as to why they are not able to do the things they want. These excuses often lead people to stop trying because they know deep down inside of them that they are not going to accomplish the goal, anyway.

When people use excuses as to why they do not accomplish their goals, it means that the goal is not really important enough for them to try. If the goal was important, then the person would have figured out a way to get it done, even with some type of struggles going on in their life.

For example, if a person has decided that they want to lose 50 pounds and they are eating a lot of junk food along with drinking soda all the time, then their excuse for "why they cannot lose weight" is because they have too much junkie food and soda in their house so that it is too convenient for them to eat and drink at any time. Their excuse is not a real reason as to why they cannot make their goal of losing 50 pounds, but rather just an excuse.

When people use excuses as to why they cannot accomplish their goals, then they might have to step back and think about what the real reason is that is making them quit when they knew that it was possible. The person might be able to figure out what the real problem is and change it if he/she wants to reach his/her goal.

Psychology of Setting Goals

Many people set goals for themselves because there are many benefits involved with accomplishing those goals. One benefit is that setting some

kind of goal usually helps people to feel better about themselves. When a person decides that he/she does not want to be the person he/she used to be before and he/she has found and wants to be something different, then it helps him/her to set goals for himself/herself. These goals can be for different things, such as improving yourself, your relationships with others, money, and things of that nature. When a person sets goals for themselves, it helps them feel more confident in themselves and their abilities.

The second benefit of setting goals is that it allows people to think about and plan for the future. It gives people a sense of direction on what they are trying to accomplish so that they know where they are going. It helps them to feel good about themselves because of what they have accomplished and gives them a chance to think about where they want their lives to be in the future.

Setting goals can also help people feel better about themselves because it makes them perceive as if their lives have meaning, as well as feeling more competent based on the things that they accomplish. It can give them a sense of hope for their future that will keep them motivated in starting something new and being successful at it. When people feel good about themselves and what they are doing, then it gives them the opportunity to make changes in their lives that they want to make while also giving themselves the chance to become the person that they want to become.

Exercise

Who are you?

What do you do for a living?

How would your friends describe you?

What are your top 5 passions in life, and what percentage of your day do they take up (in terms of time)?

What is your favorite thing about yourself, and what's the one thing that frustrates you the most about yourself? (One can be about how they see themselves, and one can be how others see them).

Who are you? This should be an answer which comes naturally

to us. If we are the kind of person who hates to do handwriting, practice it. If you are the kind of person who loves to draw, draw. Whatever it is, try to learn something about yourself. For example, I love to draw.

What do you do for a living? Describe what you do as best you can. This should be pretty easy for most of us.

How would your friends describe you? I think everyone may have an idea of how their friends see them, but it's not a bad idea to have some kind of self-awareness here. Ask your friend(s) and take note of what they say.

What are your top 5 passions in life, and what percentage of your day do they take up (in terms of time)? Again, a natural answer that may come to us or we may have to put some thought into it. Telling you that you are a 'sporty person' isn't exactly helpful. This is how we find out about ourselves!

What is your favorite thing about yourself, and what's the one thing that frustrates you the most about yourself? Again, don't give out answers which make us sound too cocky or too cock-sure. We're not trying to be at all conceited here. This is just finding out how we feel about ourselves. For example, I'm very confident in my ability to negotiate well in business negotiations.

Forgive and Accept Each Other

The opposite of forgiveness is resentment. Resentment can be defined as a feeling of disappointment or annoyance that comes from being offended, dominated, or treated unfairly. Feeling resentful isn't a negative thing—there's nothing wrong with feeling bad for the person who hurt you or not liking them anymore—but it can also be hard to stop. The feelings persist because you're still living in the past in your head. As you forgive yourself, you'll also be able to move forward with your life. You can choose to give up on the past thoughts and feelings you're harboring or use them as productive ways to learn and grow.

A lot of us struggle with resentment when we forgive people in our lives. We can be angry with a friend because he/she didn't contact us after a long

time or we can be repulsed by our ex-husband because he/she cheated on us repeatedly, even though we now know it's not our fault. We feel resentful towards ourselves because we don't like feeling like a victim and being hurt again over someone else's stupid mistakes. Many of us are especially hard on ourselves for not reacting better to the hurtful actions of others. But what's important is how you deal with those feelings. Forgiving another person doesn't mean you have to like, love, or make amends with them. Forgiveness allows you to move on and heal yourself. It's a process that helps you let go of a painful past and move forward towards the present and future. You'll be able to experience more joy, happiness, and peace in your life when you forgive others instead of staying angry at them or yourself.

How do you really forgive and accept your revengeful thoughts, feelings, and memories? It's important to understand that forgiveness does not mean forgetting the past or ignoring it. You can't let go of what happened in the past because it happened—but you can choose to move forward with your life. Forgiveness is also not forgetting or forgiving someone else just because they apologized or made amends. Forgiveness is letting go of the anger you feel towards them; it's a sincere feeling of letting go by doing things for yourself. It's also about changing how you think about them so they don't affect you anymore. You'll be able to change the way you think about the person or event. Forgiveness helps you take control of your life and decide what type of person you want to be right now, not what you used to be like with that person. You have all the power in this world, so use it wisely by being more forgiving. Here are some ways you can forgive and accept your revengeful thoughts, feelings, and memories:

- **Step #1—Accept yourself as you are: Forgive yourself for being angry if there are any unhealthy or negative feelings towards a certain person. Realize that these emotions are coming from the past and they don't reflect who you are now or who you will become in the future. Let go of those thoughts and feelings that keep happening over and over again.**
- **Step #2—Move on: If you're holding onto a certain memory, picture, or incident from the past, gradually start to replace it with positive thoughts instead. Let the negative feelings go because they don't serve any purpose. If you're still angry about**

something from the past, try to understand why you feel that way. Learn from that event so you can make better decisions in the future; don't focus on what happened in the past. Look at it as if it never happened at all.

- **Step #3—Realize that you don't have to be that person again: Realizing that you're not that person anymore will help tremendously. You can't go back and change things, but you can change how you think about them. Think about all the positive events and experiences in your life so far; focus on those instead of the negative ones. Realize also that the person who hurt you has changed for the better and will probably make different decisions in his/her life than he/she did before. Forgiving a certain person doesn't mean forgiving them completely for what they did to you, though. You can forgive them for a specific event or feelings that happened in the past, but it doesn't mean you have to accept them. You're allowed to change your opinion about someone over time and do what you want with your life.**
- **Step #4—Choose to be happier instead: Don't focus on the negative situations that happened to you. Instead, think of all the positive experiences that have come into your life lately; think about how lucky you are to be able to live every day. Learn from those painful events and experiences so you can make better decisions in the future. Think about how you can become a better, more positive person because of what happened to you; don't be afraid to try new things because you feel like you're not good enough. Give yourself time to heal and recover from those events in your life by delaying any negative feelings towards others or yourself.**
- **Step #5—Forget about it: Trying to focus on the past is actually a bad thing. Let it go by choosing to let go of it and go forward with your life instead. If you choose to stay in the past, think back about what happened and try not to dwell on it. Don't let thoughts of the past control your emotions or actions in the present or future.**
- **Step #6—Focus on your future: Remember that you're in control of your own life and happiness. You're the only one who**

can choose your own future. Let go of the past by putting yourself out there and doing new things. Don't let the past affect how you feel about yourself today, tomorrow, or in the future.

- **Step #7—Reevaluate your life: If you can't forgive someone for what he/she did to you or even accept it now, reevaluate your own life and determine what you want to do with it. Don't think about what they did because it won't change anything. Think about what you want to do now because you can make those changes. Do the best that you can and try not to judge yourself because of what happened in the past. Look at it from a positive perspective and think of how much your life has changed; it's about time to live each day as if it will be your last. Every day is a gift and you should use it wisely by doing new things, going on new adventures, trying new things, and having experiences that will change who you are, not just how you feel or what you did in the past.**

Some people may not be able to let go of their revengeful thoughts and emotions completely. With time and patience, they will eventually be able to move on with their lives. You have a choice to live your life the way you want, so don't let anyone tell you otherwise. You have all the power in your hands, so don't waste it by putting it on someone else or on what happened in the past. Be happy with yourself and do things to help others as well because you never know what someone else is going through. Try this forgiveness and acceptance method every day until you can move forward with your life again; remember that change is possible and now's the time to do it!

Take Control of Your Revengeful Thoughts

Trying to control revengeful thoughts is a challenge since they usually come unexpectedly. You're not always aware of all your emotions. Try to notice when negative thoughts are coming in, and try to avoid them as much as possible so you can put yourself in a better place. For example, if you find yourself angry about something, try to think of something

positive; that way you won't dwell on the negative feelings and eventually let them go. You can also remind yourself about what happened by picturing it or telling a story about it. Putting these into words will help clear your head and put things into perspective.

Try to forgive people for what they did or keep it inside by letting go of those thoughts and doing something else instead of worrying about that person constantly. It will help you live your life to the fullest instead of letting those negative thoughts take over and control what's happening.

Remember that you are in control and there are things that you can do to help yourself. Don't let negative emotions hold you back from moving forward; try to forgive any feelings of hatred or anger towards someone and move on with your life. Don't allow the past to ruin your future; if you don't want it, kick it out of your life!

Revenge is something that seems very tempting at first, since we all want justice for something we've experienced. However, think about how many people actually achieve revenge in their lives. Most times, they are left in a worse, negative state. They can't forgive themselves for what they did to someone else and their lives don't end up turning out the way they want them to be. Instead of doing something that may hurt or destroy someone else, think of something that will help yourself instead.

How Do I Stop Thinking About My Ex?

If you find yourself obsessed with thoughts about your ex, then you might be holding onto negative feelings and emotions towards him/her. You're allowed to have mixed feelings about one person; do things to help others as well as yourself.

Don't keep thinking about your ex all the time because you love him/her. If you truly love someone, then accept the fact that he/she is no longer in your life and move forward with yours instead. Don't dwell on thoughts of him/her constantly because it will only drive you mad. You need to find a way to be positive about yourself and what's happening in your life; it's the only way you can move forward and stop thinking so much about him/her!

If someone is still thinking about his/her ex, then try not to think of

him/her as an object or person who left you behind. Instead, think of him/her as a living being with feelings. Think about how he/she feels and how he/she reacted when you broke up.

If you're still in love with your ex, then don't waste your feelings on him/her anymore. If he/she doesn't feel the same way about you, then it's time to move on and find someone who loves you back. Don't use your time thinking about him/her because that person doesn't want to be part of your life again. Think about yourself instead; do things that will make you happy and get over him/her!

Awareness of the Present Moment

When we let ourselves become aware of the present moment, we're able to make important decisions in our lives. Acknowledging the significance of what's happening now is a key step in finding happiness and peace.

The present moment is where the decision-making process takes place. By acknowledging this reality, we are able to adopt a more relaxed state of mind and take pressure off future events that have yet to happen.

During meditation and yoga classes, we tend to focus on the future and past. However, when we take a moment to observe our surroundings and what's going on inside, we can make safer decisions based on our awareness of the present moment.

By focusing on the present moment, we're able to make more intelligent decisions that are not influenced by past experiences or external factors. Moreover, practicing acceptance of our current circumstances helps us to appreciate our life while also helping us achieve positive outcomes in the future.

The present moment is a time of opportunity for growth and expansion. Being fully present in our immediate surroundings allows us to connect with people, nature, and the universe. When we are fully present in this way, we become more joyful and alive than at any other point in time.

When we spend our lives living in the past or future, we often miss out on connecting with the many important aspects of life that exist right now. By living intentionally rather than passively, we are able to make better and wiser decisions that will lead us towards greater success and happiness.

The Present Moment Is the Best Time to Be Aware

In order to make wise decisions, we must be fully aware of the present moment. Even though the future and past are where our actions will take place, we only have control over the current moment. Therefore, it is important to spend as much time as possible at this present moment.

When we're able to observe the present moment closely and clearly, we can gain a greater understanding of life, making us happier in general. In addition to this, by focusing on what's happening now rather than what might happen later on, we are more likely to make positive changes in our lives.

Since the present moment is fleeting, being aware of it takes practice, patience, and persistence. However, by committing to this practice, we can achieve our goals easier and more effectively than other people. By being aware of the present moment, we can be our true selves while also reaching for greater heights in life.

As a means of attaining happiness and fulfillment, living in the present moment can give you a greater sense of peace. By understanding what's happening in your surroundings and how you feel about certain things, you can become happier overall.

The present moment is the ideal time to become more aware and in touch with yourself and the world around you. When you're fully present in this way, you gain a better understanding of yourself, allowing you to appreciate your life more. For instance, by being aware of how you feel about something for a while, you are able to make wiser decisions when necessary.

The Present Moment Is Your Ticket to Happiness

When we live consciously and intentionally, we are able to make better and more important decisions in our lives. The present moment is where

everything that happens takes place. By connecting with the things that matter most to us now rather than later, we're able to become happier overall.

When we're aware of the present moment in this way, we can reach important goals and make better decisions. When we are aware of the things that happen right now, it makes it easier for us to be happier and live a more fulfilling life overall.

One of the most important things we can do for ourselves is live in the present moment and fully experience our surroundings. By being fully conscious of our surroundings, we're able to make wise decisions that will lead us towards greater success and happiness.

The present moment should be a focus for everyone who wants to find greater meaning in life. By living fully in the present moment, we're able to connect with others and create a more meaningful existence. By being fully conscious of our surroundings and the things that happen at any given time, we can make better decisions towards greater success and happiness overall.

As a step towards finding a greater sense of happiness in life, it's important to become more aware of your surroundings. When you are aware of the present moment, you are able to gain deeper insight into yourself and what you want out of life.

The Present Moment Is Used to Create the Future

When we remain aware of the present moment in this way, we are able to make wiser decisions as well as be happier overall. By living consciously in the present moment, we can gain deeper insight into our surroundings and the things that are most important to us.

When you're living consciously and intentionally, it is easier for you to achieve your goals in life. By being aware of the present moment, you can also avoid making mistakes that could have more serious consequences. If you're not fully conscious of the present moment, this can lead to making better decisions that help you achieve your goals.

Although it may seem like a difficult concept to understand, the present moment is an essential part of achieving greater happiness in life. By being aware of the situation you're in, you can make better decisions that also lead you towards greater goals and accomplishments.

By being fully aware of the present moment, we can begin to make wiser decisions that will help us to achieve our goals and live a more fulfilling life. The present moment gives us the wisdom and insight we need to make better decisions for ourselves. By focusing on this moment, we can begin to understand this concept as well as how it applies to our daily lives.

Values, Needs, Desires, and Aspirations

At this point in your life, you must have a good idea of what is important to you and how you want to live. You may even have created a plan for how to use your various values, needs, desires, and aspirations to help make positive change happen. But the working out of those plans has proven difficult. Perhaps it's time for some introspection so that we can discover what makes us feel fulfilled and happy. Here are three steps that might help with this process:

- **Identify your values by making a list of all the important elements in your life (i.e., health, education, work, family) and then thinking about how each of them deeply influences or motivates you.**
- **Gather information about what makes you happy based on those values. Here are some specific examples:**
    - **What kind of food makes you feel good? (Don't eat them if they don't).**
    - **What kinds of personality traits do you like in other people? (Be proactive in attracting them). What do you dislike? (Avoid those qualities and people who have them). But this is just a start. You need to research what has worked and hasn't worked for other people that are like you. And whatever strategies or techniques seem interesting or worth**

trying should be added to your personal toolbox for living a better life.

- **Create a list of your needs and desires. What exactly do you need to live a fulfilled, happy, and healthy life? Once you've determined that, what are all the things you want? That's the second list. How could they be acquired? How can your needs be satisfied in such a way that it leaves room for your desires to also be met? Again, this is just a starting point. The answers will emerge as we go forward.**

Step 3—Origin and Loss of Self-Esteem

“You have been criticizing yourself for years, and it hasn’t worked. Try approving yourself and see what happens.”—Louise Hay.

It is easy to take for granted that we are alive and well. It is also easy to absolve ourselves from any responsibility for the way we feel about our lives. However, this feeling has a root cause and an end goal. The root causes of low self-esteem are often depression or abuse, but the end goals vary from person to person. The key to understanding your own personal self-esteem is identifying its roots, naturally, and working out how you can change your goals in relation to them.

Ever feel like no matter how you do things, you just can’t seem to get ahead? You feel like you’re stuck and nobody else seems to be going anywhere. So much so that the people closest to you think they’ll eventually end up with somebody else. Despite this, it seems as if everybody is headed toward a great life in the future.

Recently, I’ve been feeling like this, and I was wondering when all those things I used to take for granted would stop happening and my life would finally start working out for me. Something inside me has started blaming me for my hard time, and I feel like nobody’s really helping me get back on track. I feel like no matter how hard I try, I just can’t seem to get anywhere.

I’m starting to second guess myself and keeping myself from living the way I want to. So much so that my friends are starting to think that they’ll end up with somebody else and I’ve been avoiding relationships for a long time now. I’m scared of having another person in my life because this feeling is so bad sometimes that when they talk to me, it’s like they’re a stranger talking to me.

I’ve always had a desire for money and the things money can buy, but it seems like all I’ve ever gotten is more problems. I’ve been looking for a job for a long time now, but nobody seems to want to hire me. I have my GED and I’ve got more experience than most of the people who applied. Why am I being passed over? The only thing that comes to mind is that it’s because of all my past failures.

I used to be full of life and zest for things that were in front of me. Now, I'm only looking for ways out; wanting things on credit or someone else to do everything for me. It seems as if the simplest things have become such a struggle that it takes all my energy just to get by from day to day.

Everything is going in the wrong direction. I'm trying to do all the right things, but it doesn't seem to be helping at all. I've got a job, but no one appreciates my hard work, and my efforts are never rewarded. As a result, I'm beginning to doubt myself more and more each day; doubting what I can accomplish with such low self-esteem.

I used to be successful and feel like I was doing something worthwhile when nothing really mattered but me. Now, things seem so sad and hopeless that it's impossible for me to understand why everyone else seems so happy all the time.

I've always had my pride as a strong part of my personality. Now, it seems like I don't even have that anymore. I'm so ashamed and embarrassed by how much life has failed me that it feels like I won't ever be able to look anyone in the face again. It seems that all my pride went down the drain with everything else; no matter how hard I try to hang on to it, it keeps falling through my fingers.

I used to have a lot of friends and hold a lot of promise for my future but now people are just taking me for granted: too wrapped up in their own problems and not really interested in helping me figure out why things are going so wrong right now.

I just don't know what to do anymore, and I feel like it's only a matter of time before my friends and family give up on me. It's getting too hard for them to keep trying to help me when I'm making such a mess out of things. It feels like I'm like the little engine that could, only worse: he/she was headed in the right direction, but I seem like I never will be again.

I've tried everything to get back on track, but nothing seems to work no matter how hard I try. It feels as if there is no way out, and despite how hard everyone is trying to help me, there isn't anything they can do.

My life started going downhill when I was a teenager, but recently it is gone way beyond that. I've lost all my self-esteem and started feeling worthless. At this point, over half of my life is already past; and it just seems to be continuing in the same direction every day. No matter how hard everyone tries to help me, I just can't seem to get anywhere. It's as if

no matter how hard I try, I'll never be able to accomplish anything with my current state of mind and attitude.

It seems as if things are getting worse by the day. I've lost so much of my life because of this feeling and I don't know what to do anymore. It seems like the harder I try, the worse things get until I'm at the point where all I can do is allow life to run me over and let it take me wherever it will.

I'm only 26 years old, but it feels like so much of my life has already passed me by. It seems that everyone around me is happy, but deep down inside, I just can't find any joy in anything anymore. It feels like there is something wrong with how my mind works, but every time I go to a doctor for help, they tell me everything is fine even though nothing has changed.

Everything is going downhill. I've noticed the last few months that my energy has been fading away, and I don't know why this is happening. I feel like I'm losing weight and having a hard time keeping up with work as well as things in my personal life.

I can't seem to figure out why everything seems so bad lately, but it feels like I'm starting to regret all the times when people used to help me; things are just getting worse and worse, and everything seems different now than it did before. It's almost like I woke up one day and everyone stopped helping me; like they never even really wanted to try anymore.

I don't know why I'm the way that I am. I've been trying to change, but it seems like my life is only falling apart. Everything is going wrong for me and all I want to do is crawl into a hole and just die; no matter what people say.

I used to be the type of person who tried hard and worked hard, but lately, it seems like none of my efforts are helping me at all. All I seem to do is get more into trouble with illegal activities and lose my job; everything that has ever meant anything to me in the past seems so distant now.

I'm 30 years old, but it feels like much of my life has already passed me by. It seems like everyone around me is happy, but deep down inside, I just can't find any joy in anything anymore. It feels like there is something wrong with how my mind works, but every time I go to a doctor for help, they tell me everything is fine even though nothing has changed.

It seems as if I'm only living half my life and the other half of it is just passing me by. There's no hope for what my future holds, and it feels as if

I’m slowly dying from inside myself. At this point in my life, all that’s left to do is try to escape; find a way out before it’s too late.

I’ve tried everything to get back on track, but nothing seems to work anymore. It feels like there is no way out, and despite how hard everyone tries, there isn’t anything they can do for me anymore.

I used to be successful but lately, everything has been going wrong for me; things are so bad I can’t even see any way out. No matter how hard everyone tries, it seems like there is no way to get my life back on track, no matter what they say. I just don’t know what to do anymore and all I want to do is die.

I’m only 26 years old, but it feels like so much of my life has already passed me by. When you are young, you look forward to the future with so much hope, but now that I’m getting older, I can see that everything won’t be okay. If things keep going as they have been, everything will be over for me before I can even begin living.

It feels as if my life is just falling apart, no matter what I do or how hard I try. This is the worst time in my whole life and it seems like there is nothing anyone can do to help me; there isn’t anything anyone can do for this situation at all. There’s no solution and there doesn’t seem to be anything I can do. I just want to die.

It seems as if things are getting worse by the day. I don’t know what I did to end up like this, but all I can do is just try to find a way out and somehow escape from this nightmare.

Conditions That Promote the Emergence and Loss of Self-Esteem

We all know that self-esteem is a key component of our individual success and satisfaction in life, but what are the factors that promote or undermine it? But first, let’s start with the basics. What exactly is self-esteem? How do we measure it? And what would happen if we lost it entirely?

Self-esteem is a personal value that drives many aspects of our lives. It’s the way we perceive our own worth. It’s the way we view ourselves and it impacts our relationships, our happiness, and even our health. Self-esteem

is tied to a lot of emotions that influence how we feel and act in the world, such as confidence, anxiety, and optimism.

Self-esteem has been studied for centuries. Psychologists say that self-esteem is based on self-perception—how we think about ourselves—as well as on our experiences in life. How we feel about ourselves can change over time depending on circumstances or events in our lives (e.g., getting a promotion at work or being embarrassed by a video of us falling off stage).

Like all other things, self-esteem isn't perfect. A wide range of situations can make us feel low on self-esteem: experiencing or witnessing a physical or emotional injury, for example, or being bullied. Sometimes we have good reason to feel good about ourselves and other times we don't.

What Are the Factors that Promote the Loss of Self-Esteem?

We'll be looking at a more universal influence that can affect our sense of self-worth and happiness: external influences that affect how we think about ourselves. For example, we may feel low on self-esteem from a few bad experiences, but a greater cause for this feeling is how society often portrays people who are different.

As an example, let's look at a study where participants were randomly assigned to complete math problems "inventing" numbers that happened to be below their own so-called self-concept. The participants completing this task were less confident about their ability in math than those who were given standard problems to work on.

How Self-Esteem Lets Us Control Our Lives

All of us have a sense of our own self-worth. We can think that we're worth more than others or that we're not at all; but as long as we think that way, these feelings are meaningless and unhelpful. What's important is

being aware of how thoughts about ourselves impact our feelings and actions. Some events will affect us, like when you fall and get hurt. But others will affect you because of the way others think about you, or what society thinks about you.

We can learn to change this by understanding these external influences on our happiness and self-worth—so that we can take charge of our lives and control the way we think about ourselves. There's one important step we can take—learning to accept who we are—because there is a large gap between who we think we are and who we really are.

How Self-Esteem Leads to Discrimination, Anxiety, and Depression

We all want to feel good about ourselves. We want to be confident in ourselves and to have good self-esteem. But if this is an unrealistic state of mind, then we will feel stressed when we fail or are compared to others. The feeling of having low self-esteem can make us feel depressed or anxious about ourselves. We may start comparing ourselves to others all the time, so that we feel like we're not living up to our expectations.

We will often look for external factors that may be causing this low sense of self-worth or confidence in order for us to find a solution for these feelings. But if no solutions can be found, it could result in depression and anxiety as people start looking outside themselves for the problem (e.g., blaming others, blaming circumstance, etc.)

In order to prevent this from happening, we should first figure out how our negative thoughts about ourselves are affecting us. In fact, it's probably not the "negative" thoughts that are causing the problem. It's the habit of thinking that makes us feel depressed or inadequate or incompetent.

How Self-Esteem Can Turn into a Destructive Mindset and Make Us Toxic to Ourselves and Others

Negative self-talk can make us feel anxious and unhappy. This discontent can eventually lead to drug and alcohol abuse or even suicide if we don't learn how to overcome it. Only when we believe that we are free to make choices for ourselves can we enjoy the life that we have. Negative thoughts about ourselves rob us of this freedom and lead to depression and anxiety.

When we don't see a positive meaning in our lives, then suicide seems like the only way out. But this isn't true. Suicide is never an answer to our problems—with self-esteem or otherwise. We can find meaning in our lives through the things we do. We can look at others who have been able to overcome adversity to get a feeling of hope that we, too, can experience joy in our own life.

How Do Negative Social Influences Affect Our Self-Esteem?

When people learn self-hate from their parents and friends, they're told that they're nothing or that they're not good enough—without even knowing why. But this kind of behavior is not a way to build up someone's sense of self-worth. This kind of behavior devalues people and teaches them that they are not good enough.

When we tell negative messages to ourselves or others, we are actually hurting ourselves and the ones that receive these messages. Although it's not always our fault that other people think less of us, it is our responsibility to change how we think about ourselves so that we can be happy with who we are and where we're going in life.

Why the Media Can Have a Bad Influence on Our Self-Esteem

Some media outlets have shown us pictures of people with low self-esteem, which really affects how we feel about ourselves and our lives. It may also encourage self-hate by not showing the beauty in other people's lives or by portraying violence towards others. We can see how this has an

effect on self-esteem, as one study showed that teenagers who watched more violent media were more likely to have a lower sense of identity and a lower sense of purpose in life compared to teens who were exposed to less violent media.

Aside from media outlets like television, movies, and magazines, other social media websites have also been shown to cause low self-esteem. People are looking for “likes” and positive comments on their pictures or statuses or posts. They compare themselves to other people’s lifestyles or accomplishments and, sometimes, they may feel like they’re just not good enough. In this type of situation, self-hatred is often created when we believe that our lives are not as good as others’ lives.

How Do Social Media and Technology Affect Our Self-Esteem?

We’re all taught to be aggressive when we’re on the internet. We are taught to compare ourselves to others, which causes us to feel like we’re not good enough, and that maybe we are not achieving what we want in our lives. But if we put in more effort towards a specific goal or dream, then it can give us the feeling that we can be successful at something that matters. Through this process of comparing ourselves to others and our progress towards a goal, our self-worth increases.

In order to overcome this problem, it’s important to learn how to work on our own goals and enjoy what we do. We don’t need other people’s recognition or praises in order for us to see ourselves as successful. This is only when we are confident in ourselves that success can be achieved. We can learn how we are able to handle stressful situations if they arise so that we won’t feel like giving up and feeling hopeless about our lives.

How Do Improper Parenting Methods Affect Our Self-Esteem?

There are many ways in which children’s self-esteem can be negatively affected. The way children are raised can also affect their sense of self and

well-being. It’s important to know how to raise a child in a way that will develop them in the best way possible. When parents are not raising their children in the correct ways, they teach them that they are not good enough or that they’re not successful just because they’re not getting the grades or achieving something like getting a job or making friends, or having relationships with others.

However, people who are raised in an environment full of love for themselves and others are more likely to have a higher sense of self-esteem and feel good about life in general. But when parents have certain expectations or standards that their children should follow, then it can lead to negative emotions, like sadness.

How Do Other People Affect Our Self-Esteem?

Our lives are greatly influenced by the way other people see us. We may begin to feel inadequate after hearing what other people think about us—whether it’s true or not. We can end up blaming ourselves for the things we think we’ve done wrong. But a lot of our self-esteem can be based on how people treat us and how they see us, but sometimes it might be better to realize that other people’s thoughts about us don’t really matter. Our self-worth is not affected by what other people think of us. The way that we look at ourselves and the way we interact with others is more important than what anyone else thinks.

But if you have certain expectations from others, then you’re more likely to feel hurt if they don’t meet those expectations because their opinion becomes so important to you. If they respond negatively to you, then you may feel like you’re not good enough for them. Unfortunately, your self-esteem may go down if this happens to you because your feelings are hurt. But it’s important to realize that it’s not going to last forever.

When people spend too much time worrying about what other people think about them, they can miss out on all the great things that life has to offer. Our self-worth increases when we’re able to see ourselves in a positive light and see that we’re great in so many ways. We can overcome some of this negative thinking by realizing that getting other people’s approval is

not going to make us happy or confident or successful in life.

Positive Affirmations for Self-Esteem

Knowing what your self-esteem is and what it means for your life isn't easy. Most people have a difficult time knowing if they feel good about themselves or if they suffer from low self-esteem. Reminding yourself that you're worthy of love, adoration, and praise can lead to a better life with more happiness. Trying these positive affirmations for self-esteem can help you feel better about yourself, no matter where you are in life.

- **I deserve all the love and adoration I desire. I deserve to be treated like a queen. I will receive all the compliments, kind words, and gifts that I desire.**
- **I am good enough to be loved. I deserve to be happy, to have fun, and to feel good about myself.**
- **I love and accept myself, flaws and all. I am okay, just the way I am.**
- **People will treat me the way they want to be treated because I am a kind, compassionate, generous, and loving person.**
- **Others will treat me well and positively because they know this about me. Their feelings are more important than anything else.**
- **I deserve nice things, good things, large amounts of money, and amazing luxuries in life. I deserve to have fun and be happy every day of my life.**
- **My other half is a wonderful person who is perfect for me in every way possible. We complement each other perfectly. We are a great team, always working together and supporting each other.**
- **I deserve the best in life, and I will take care of my body by staying fit, active, and healthy.**
- **I should be the happiest person in the world because I am loved by so many people. I have an incredible support system that loves and cares for me always.**

- **I am worthy of love because I am good at loving others. My love for others is strong and powerful because it is based on compassion and kindness. There is nothing more beautiful than this in this world. It makes me feel alive to know that I'm capable of such devoted love. My deep ability to care for others shows how much I care about myself as well.**
- **I am always growing, learning, and improving. I have an amazing brain capable of incredible things. I will continue to learn forever and ever until the day that I die. This is my purpose in life, to always learn new things and grow as a person.**
- **My self-esteem is sky high because I love myself exactly the way that I am. My personality is beautiful in every way possible. Nothing can change my mind on this matter because it's impossible to convince me otherwise.**
- **I will always be kind to myself and others because I am in a positive mindset 100% of the time.**
- **There is no room for low self-esteem, negative thoughts, or doubts in my life. It's impossible for me to think negatively because it goes against everything that I believe in and stand for. I choose positivity over negativity every single day of my life. Nothing can change my mind on this subject.**
- **I love myself no matter what happens, even if something terrible happens to me one day. They will not be able to take my happiness away from me because it was too hard to give away the first time around. My happiness is mine forever, and nobody can ever take that away from me again.**
- **I deserve to be happy, even when life is tough or when I'm struggling. I can always change my thinking about a situation if it's negative. My mind is my own, and nobody else can change how I think about something.**
- **My body deserves nothing but kindness because it's perfect in every way possible. I treat my body with kindness by feeding it the right kinds of food, exercise regularly, and getting enough sleep at night. I love and respect my body because it gives me everything that I need to survive in this world. There is no**

reason for me to be cruel or sour towards myself because that would hurt the most important thing in my life: my body.

- **I love and accept myself completely because I have too much love and compassion for everyone around me to throw that away by hating myself. My flaws are clear to see, and nobody can argue with me or get mad at how I look. Instead of hating myself for my mistakes, which is what a lot of people do, I learn from them and move on in life.**
- **I know that I am beautiful inside and out, like a fine piece of art that only a few people can appreciate fully. I will always receive compliments about my beauty from others because it's important to be your own biggest supporter in life.**
- **I am happy and joyful every day because life is good for me. I know that I can achieve anything that I want in life, and the possibilities are endless.**
- **I am capable of great things, and it's important to remember that at all times. It's easy to forget this in our busy lives, but being able to do great things is a privilege that only the strongest of people can claim.**
- **When people see me, they will think of how kind, compassionate, fun-loving, and generous I am because I never show my real self in public for fear of being judged or rejected.**
- **I deserve to have fun every day of the week because it's very important for me to have a good time.**

Positive thinking and positive affirmations are important tools when it comes to boosting your self-esteem. You don't want negative thoughts in your head because they can bring you down in life. A little positive thinking will help you heal yourself from negative self-talk. These statements will help you get through anything life throws at you by reminding yourself of all the good times in your life.

I deserve every success in life because I am extremely grateful for having a wonderful life. I know that I can achieve anything that I want because it is possible for everyone to be successful. My body is the best thing about me, and it's what keeps me alive and healthy each day of my life. The

things that matter most to me are very important, and I will not let anything come between them or keep them from being in my life forever.

This goes back to how important self-love is for boosting your self-esteem. You have to love yourself before you can genuinely love anyone else. It's not impossible, and I've learned that it takes time to get used to the idea of loving yourself. For those who struggle with this concept, self-love is both a blessing and a curse.

I am capable of doing anything because I believe in myself no matter what's thrown at me in life. My mind is powerful enough to help me achieve great things in life, even when others tell me it's impossible. I know that some things are impossible for me, but I want to believe in the power of my mind so badly that I refuse to give up on it entirely. My thoughts and dreams are powerful, and I am not afraid to show the world what I believe in.

Challenge yourself as often as possible because it will help you grow as a person. Go out of your comfort zone whenever possible because life is too short to waste time on things that don't make you happy. Nobody can judge how you live your life. It's important to trust your own instincts and intuition so much that you stop questioning yourself at all times. Your wisdom should serve as a beacon in the night for those who come after you to follow in your footsteps.

You will be successful in life when you combine a positive mindset with hard work, determination, discipline, and kindness towards others. These are the important things that everyone should remember if they want to succeed in life.

This is a wonderful message for anyone who loves someone with low self-esteem. The more people you have around you in life, the better off you will be.

There is nothing that can ever stand in my way because my mind is too strong for anyone to defeat me when I want something in life. My own confidence is one of the most powerful weapons in my arsenal, and I wield it with great care and precision to conquer all that I want in life.

The more you trust others around you in life, the more you will develop strong relationships with them. I don't need to know everything about my family and friends because we should all be happy with what we have in life. The more serious people are about their personal lives, the more they

will focus on doing well for themselves. It's important to focus on what matters most because it will lead to a healthy mindset that will ultimately shape your future successes in life.

It's not always easy to spread the love that you have for others, but you should try to do it as often as possible. You should do this because giving love to someone else shows that you care about them as human beings in this world.

Being confident in your own skin can do wonders for your self-esteem. The people who see the real you are the ones who will be able to love you for who you really are. If everyone else can't see past your outside appearance, then they don't matter, anyway. When people don't care about superficial things like appearances, they feel better about themselves and help each other out more often in life.

You shouldn't be afraid of rejection in life because it's a part of the human condition. The more you try to please everyone else, the more your self-esteem will suffer, and you will begin to hate yourself for not being better than you are today. This is a very simple way of thinking about how love makes your world a better place for everyone involved.

Success is so subjective that a lot of people have trouble defining it for themselves today. I believe that success is when your dreams come true in life, and nothing stands in your way from helping yourself become as successful as possible. The real definition is that success is when you are happy with who you are, and you get the things in life that you want.

Declaration of Self-Esteem

- **I am a unique, beautiful individual.**
- **My whole life is about me and my aspirations.**
- **I will not let others' insecurities dictate who I should be or what I should do.**
- **I am empowered, self-reliant, and joyful in the present moment. I view my life with gratitude and find joy in the little things every day.**
- **I accept what I am and what I have.**

- **This is who I am at this very moment. I make this declaration without shame, and recognize my worth as a human being at any age because self-esteem is not dependent upon aging or appearance. Self-esteem can be strengthened by appreciating our accomplishments, seeking positive feedback from others, taking time to nurture our relationships with others, and building character qualities such as self-respect and pride in personal achievements.**
- **I am a beautiful, creative, and unique individual. I have the capacity to be anything I want. There is no limit to my dreams and the potential for my life!**
- **I declare that I will always have self-esteem and that it is never too late to develop it. My self-esteem is my greatest asset because it fuels my confidence, motivation, purpose, and productivity.**
- **I will develop the character qualities of self-respect, respect for others, integrity, humility, kindness, love, and compassion with which I am endowed by birth. I will appreciate myself for who I am today and know that one day I will be proud of who I am becoming with every day. I will always treat myself with kindness as I would a child.**
- **I will take care of my mind, body, and soul. I will not abuse my body or psyche by smoking, drinking too much, or using drugs. I will not engage in any behavior that jeopardizes my health or well-being. I will work to create an environment for healthy daily habits and self-care.**
- **I am thankful for the lessons that each day provide me with opportunities to learn about myself and others.**
- **The best decision I can make today is based upon my self-esteem and what I feel right at this moment, regardless of the pressure from others' opinions or values.**
- **I will be grateful for the challenges that each day provide me with opportunities to grow and become stronger.**
- **I am appreciative of my life at every moment, including the**

pain and struggle I may now be experiencing because it is all part of the journey.

- **I declare that I am a beautiful person, not for what I do or have done, but because I am a beautiful human being. Therefore, I encourage everyone to join this movement!**

Will You Join in with Me Today in Declaring Your Self-Esteem?

How often do you lose yourself in your thoughts and feelings? When you think of yourself as unlovable, are you equally unlovable to the people you love most? This is about self-esteem!

Do I have self-esteem? Do I need to work on my self-esteem? What does the government, a high school teacher, a friend or a parent think about my self-esteem and how can they help me to develop it? Self-esteem is a big part of life. It's an understanding of how we see ourselves in the world.

Self-esteem is how we feel about ourselves. It can be boosted by thinking positive and loving thoughts about yourself. Have you heard the saying, "Be kind to everyone, but always be kinder to yourself?" To me, this means that we need to take care of our bodies, minds, hearts, and spirits. We need to be aware of how we treat ourselves and others.

We live in a world where self-esteem is not valued or recognized for what it really is. We are constantly told how others feel about us rather than how we feel about ourselves. It is very easy to let others tell us who we are and what we should be. We can lose ourselves in the crowd, so to speak. We can become like a leaf being blown by the wind, going where we don't want to go instead of feeling the winds of change that blow around us every day.

We have been raised with negative messages about our self-esteem from peers, teachers, parents, and society as a whole. The most common negative messages about self-esteem are "You're not good enough," "You're ugly," "You're stupid" or "You're fat." These we often call 'put down' comments.

I want you to picture yourself at any age, older or younger, in the future or

even now, at the present moment. Now imagine what it would be like to be grateful for your life! I want you to do something very special for me. I want you to picture in your mind how you would like to be in your future 50s, 60s, 70s, 80s, and beyond. Imagine what it will be like, what kinds of things come to mind? Think of those things that will make you happy. What kind of person do you want to become?

Now, I want you to think about your life right now. What would someone describe you if they knew nothing else about you? Think about that person, they would consider him/her all the things we never think about ourselves when we label ourselves as 'ugly,' 'fat,' 'stupid,' or 'lazy.' No one ever labels you 'perfect.' Now think about how you want to be in the future! What kind of person do you want to be?

You can believe in yourself, have confidence, and know that you are worthy of happiness and success. Think of everything that makes you happy—your friends, family, hobbies, work, etc.! When I look at someone else, I am often amazed at how special they are. I think back to all the things that they have done for me and how I don't realize how much they have done for me. If I look closely enough, in the most unexpected places, I can always find someone that has been a good person to me.

Whenever you are thinking about yourself, instead of thinking negatively like 'I'm not good enough,' 'I'm not smart enough,' or 'I'm not beautiful,' tell yourself something positive! You are smart and worthy of success in any field that you choose. You are beautiful! See yourself as beautiful and confident. Another big part of self-esteem is confidence. I believe that confidence is a natural trait. It is just a matter of believing in yourself.

Confidence and self-esteem are two different things. Confidence is believing in yourself and having faith in the fact that you can do it and succeed. Self-esteem is about how you feel about yourself. Self-esteem goes beyond being confident because without confidence, you gain the feeling of not belonging, but without self-esteem. This feeling of not belonging will cause depression.

They have a lust for life. They are confident and happy all the time! Would you like to be more like that? Just as confidence is a natural trait, I believe self-esteem is also a natural trait. We all have some amount of self-esteem. Think about someone who has no self-esteem. They are depressing and negative all the time. They are not fun or enjoyable to be around!

Before you think about yourself in this way, I want you to think about why they might be this way. Have you ever heard someone say “They just don’t care about themselves!”

They have no self-esteem and they don’t believe in themselves because they are taught that their self-esteem is bad. They have been told that their thoughts are not important or right. They are insecure and negative about their appearance, so they make everyone around them feel bad by comparing them to others who seem better than they do. In other words, they put others down and then feel bad about themselves. This is the cycle of self-esteem issues.

It is time for you to realize your self-worth. If you are someone who has a high amount of self-confidence and make others feel good about themselves, then I applaud you and I need your help! I need you to help others learn how to see their value in how you do. I have seen young people and adults around me that have very low self-esteem and who don’t think that they are the best and brightest person in the room. You can be confident in yourself and your abilities.

You are smart, talented, handsome, or beautiful. Think about it! Whenever we look at someone else, we need to look at them. We have to see what others see, those qualities that make them beautiful or handsome, as well as those qualities that make us happy and special.

When I look at a person with low self-esteem, especially a child, I ask myself why. I find myself asking how they can be so depressed. Why can’t they see that they are valuable and beautiful? It makes me sad when I see this kind of thing. We aren’t born with any value or worth. We have value because someone somewhere decided that we were valuable enough to be accepted and loved! When we are young, our parents help us make this decision.

Step 4—Self-Image

“The ‘’self-image’’ is the key to human personality and human behavior. Change the self-image, and you change the personality and the behavior.”—Maxwell Maltz.

Your self-image is what you think about yourself and the way you look. It includes your feelings about your weight, attractiveness, strength, intelligence, and abilities. It also includes how you think other people see you. All of these elements together are your “self-image.”

Each of us has a different self-image. Some people believe they are not as attractive as others—even though they may be objectively attractive to others. Others have a negative view of themselves because their confidence has been damaged by past relationships or abuse in childhood. Some people might see themselves as weak because their bodies don’t fit society’s definition of “fit.” They might feel that they don’t have a job or are being held back because of their weight.

Your self-image affects other areas of your life—including how you eat, what you eat, how active you are, and how much you exercise. Willpower is also affected by your self-image; if you believe that food is your enemy, then willpower is not an issue for you.

We all have ideas about who we are and what we look like. The problem comes when those ideas become your reality. When your self-image becomes stronger than reality—when it controls the choices you make—it can lead to poor health and even disease.

When your reality is different from your self-image, it creates a problem.

Self-Image Reality

- **Do not exercise, but don’t see it as a problem.**
- **Eat more food, especially carbohydrates.**
- **Eating less fat and no added sugar, but not to lose weight.**
- **Self-esteem can be unhappy about being overweight, but feels**

strong and healthy.

- **Accept current weight as normal, although would like to be thinner.**
- **Fear of being judged by others.**
- **Not concerned about what others think of them.**
- **Judges themselves harshly.**
- **Lacks self-confidence.**
- **Health-related behaviors.**
- **Avoid exercise because of weight.**
- **They will lose weight if they exercise.**
- **They lack exercise, but see it as a good thing.**
- **They focus on exercise regardless of weight.**
- **They accept current weight and shape, but they would like to be healthier and fit.**

Self-image is not reality! When you replace your self-image with the reality about yourself, you can begin to set goals that will help you become healthier and happier.

Once your self-image is healthy, then you'll be able to focus on changing your eating patterns and other habits. This will lead to changes in how you look and feel—real change!

You don't have to feel trapped by your self-image or give up hope that things can change for the better.

What you can do is set realistic goals for yourself. Write down what you want to achieve and know that you have the ability to change each of those things. Examples of goals:

- **Lose weight.**
- **Eat less.**
- **Increase your physical activity.**
- **Exercise more.**

Self-Image and Your Health

How self-image affects your decisions in the following areas:

- **Exercise Diet (what you eat)**
- **Food choices**
- **What you eat (and how much)**
- **Health beliefs**
- **How much exercise you do**
- **Willpower**
- **Weight loss**

How it affects other areas of health, such as:

- **Depression**
- **Diabetes**
- **Obesity**
- **Hypertension**
- **Coronary heart disease**

A Goal for Your Health

Many people begin exercising only because they want to lose weight. It is common to believe that the more you exercise, the more weight you'll lose. It turns out that this is only partly true. What matters most is how much fat and muscle you have in your body—and whether you control your caloric intake.

Also, people who exercise regularly are physically healthier than people who do not exercise regularly. Even if they don't lose weight, their body looks different—more fit and leaner.

Self-image can play a big part in how much time you spend exercising, whether it's effective, and how much weight you lose by exercising alone.

Personal trainers can help people set realistic goals for themselves that honor their self-image as well as reality.

Example: One person might feel ugly and out of shape when trying to exercise. Another person might be overweight, but see themselves as a healthy person in good shape who needs to exercise more. If you are someone who feels ugly or out of shape while exercising, here are some ideas that can help:

- **Change the way you look at exercise. (Use your self-image to overcome your self-defeating beliefs).**
- **Try out some different types of activities.**
- **You will have more success if you do what makes you feel good about yourself.**

Example: People who feel ugly and out of shape when they work out might consider dance classes, Pilates, or Tai Chi for alternative exercise.

The main idea is to choose a method that makes you feel good and gives you the feeling that you are moving forward. Change your environment. Increase the time that you spend exercising.

Example: If you are someone who doesn't like to exercise in public, find a gym with a few private, quiet rooms where you can work out without being seen.

Set your goals. What do you want to achieve? For some people, it helps to write down their goals and be realistic about what they can achieve in 12 months. They might set small goals like working out three times a week or just getting up from their desk at lunchtime to take a walk around the office or house.

If you are someone who is in good shape and wants to get into even better shape, you might ask yourself: What do I want to achieve? How can I honor my self-image while also working on my health?

Some Suggestions for Setting a Realistic Goal

Plan your workouts ahead of time. Don’t overdo it. Start with just 30 minutes a day. When you feel comfortable, increase it some more. As you get more fit, plan two or three sessions each week where you can fit in an additional 30 minutes of exercise.

Eat healthy, even if you don’t lose weight. If you feel good about yourself because of the exercise, give yourself a pat on the back.

If you are someone who is overweight and wants to lose weight through exercise, think about setting more realistic goals for yourself.

Your self-image can help you make choices that will help you be healthier. Here are some examples of how people with different self-images might make choices:

Unhealthy Self-Image

Man

Eating too many desserts. He feels guilty about it, but doesn’t want to stop eating desserts because he wants to enjoy his treat.

Woman

Eating too many desserts. She feels self-conscious and embarrassed about it, but she also wants to enjoy her treat.

Healthy Self-Image

Man

Eating too many desserts. He feels guilty about it, but decides to honor his goal of improved health by giving up desserts for 6 months—in order to lose 10 pounds.

Woman

Eating too many desserts. She feels embarrassed by it and gives up dessert for 6 months—in order to lose 10 pounds.

The main message is that self-image plays a part in how you view your weight and your ability to change it. Your self-image affects your attitude towards exercise and other changes you want to make.

Self-image plays a part in how you deal with stress, depression, anxiety, and other emotional issues. You can learn to use your self-image more effectively to achieve better results in these areas as well. The best way to do this is by changing your thinking patterns from negative to positive

thinking patterns. This will help you set realistic goals for yourself that honor both reality and your goals for change and happiness.

In order to use your self-image as a powerful tool for good, you can try these tips:

- **List five positive things about yourself.**
- **Write a letter to yourself where you name 5 positive things about yourself—qualities or characteristics that are important to you.**
- **Look closely at the people in your life—friends, family, and co-workers—who are close to you.**
- **Think about what they value in themselves and others they care about. Make a list of those qualities. Look at their list. Is there anything that you think they admire in you? If so, add it to your list of things that are important and valuable to others.**
- **Dress with your self-image in mind. Choose clothes that honor your self-image.**

Exercises to Build Your Self-Image

The most effective and complete way to build a self-image is to participate in competitive team and individual sports. Sports help develop self-confidence, discipline, determination, concentration, creativity, and cooperation. They also present a challenge that forces you to grow continuously as an athlete. More importantly, they offer the opportunity to interact with other people in a setting where competition is not the focus. The goal becomes working together for a common goal of success for both the individual and the team instead of being focused on beating another person in the competition. The following exercise is designed to help you better understand your self-image.

Goals

To deepen self-understanding, and to increase awareness of how others

perceive you, through the use of the following activities.

Identify five people (close friends) that you feel are important to your development as a person outside your immediate family. Each person should be in a different area of your life, for example, co-workers or close friends. They should have known you for at least seven years. Select people that you think would answer the questions in this exercise honestly and accurately, even if they may not always agree with what you do in life or feel about yourself.

For each person, identify as many positive things about you as possible. Think about what that person likes or admires most about you. What are your strong points to them? Try to get as many positive aspects on paper as possible in the space provided under each name. (Write a minimum of seven positive aspects).

Next, identify their perceptions at times when they saw you negatively or angry at yourself. What were these times? Did these instances involve relationships with other people where trust and respect were involved? Why did they seem to be negative interactions? (A negative interaction would be one where you felt upset with another person or angry with yourself for being in the situation that arose. A positive interaction would be one where you felt at ease with and confident of your performance).

Finally, look at what you have written down for positives. How many times did the same information appear? Identify a few of the maximum between each person and situation. Which areas of life were they all similar? You should generally find that they are all very similar in most areas. This is especially true if you made sure the people in question knew you well.

Now, ask yourself the following questions: When you look at your life, what do most people see? In general, if you look back over your past year or two years, what do you see as the major strengths and weaknesses that other people perceive in your life?

Use the "List of Five" exercise described above. Multiple times each week, make a list of five things that you would like to do this week to improve your self-image. For each problem area, add one additional request to improve it. For example:

I want to be more positive about myself and be sure that others know how much I appreciate them.

I want to be more positive and sure of myself in situations where others don't know me well.

Try to be more realistic about my goals. Don't expect too much or be disappointed if I don't reach my goals.

Practice accepting compliments if they are sincere. I don't need to prove anything by looking superior.

Give me some praise and encouragement whenever I do something right, even if it's small.

After about six weeks of doing the previous exercise, record your progress. First, look at if you could identify any changes in your self-image or mood, or if you have measurably changed any negative or positive areas of life. Second, look at what area(s) improved and what area(s) did not get much better. Third, do a self-evaluation with this exercise in mind.

Now think about each area that you identified as a weakness for the last year or two and determine how they have changed since then (you should notice a marked change in these areas).

Fill out a new list of five things to do that this week to improve your self-image. Continue to make a list of five things each week that will help you improve your self-image.

After 30 days, look at how you are doing in this exercise. Make some notes on how it is going and what you want to continue doing or change.

Continue to improve your self-concept every week and work on changing any areas where you aren't sure how to make a change. If you feel that you are well on your way, try some of the other exercises that follow.

Give yourself the greatest amount of credit if you have made noticeable changes in your life as a result of doing this exercise. Don't let anyone tell you that it is impossible to be more positive about yourself or others that think well of you.

If some weeks go by without completing this exercise, then try to restart from day 1 by going back and filling in the "List of Five" section for each person.

Being positive about yourself and your own perception of yourself is one of the most effective mental health endeavors. It is a lot easier to make changes if you have an objective basis for doing so. Consciously trying to improve yourself will allow you to work consciously on improving your self-concept, which often results in many long-term positive changes in your personal life.

You may also find it helpful to ask some close friends and family members how they perceive you personally and how you come across to them when you are meeting with them.

This exercise is very effective in improving your self-concept. Even though it requires some effort on your part, the results are worthwhile. Also, if done regularly, it will lead to a positive change in your personal life.

If you are not successful with this exercise at first, don't worry and try again another week or so.

If you find that you are constantly going back and repeating the process again and again, then make a commitment to yourself to keep trying until you achieve success. If this happens around the 30-day mark, then start new goals for yourself based on what worked well for you as a positive change agent.

This exercise is simple to do, but the results may take some time to achieve. Give everything you've got to be successful in this process. If you try too hard and don't believe you can accomplish it, nothing will happen! Believe in yourself and the success that you deserve!

Take your time and do it the right way or not at all! Good luck!

Remember, not everyone is capable of going through this process successfully from start to finish.

If after trying this exercise a few times with various people, your self-concept doesn't seem to improve, then look at what areas of your life are the same or repeated (i.e., work problems).

One aspect of your life that may be part of the problem is your past history with drugs and alcohol or other substance abuse problems. If you are currently in recovery, then try "The Twelve Steps of Recovery" as a positive path to follow for improving yourself and your life.

You may want to see if this exercise can help improve your love life and in becoming more positive about others and other people who like you. It worked in my case!

When I first began this exercise, I found out that I had really bad habits in relationships with women that caused me to lose them, lose my temper and get into arguments with them or just say stupid things!

It took me about six weeks to find out that I had a habit of arguing with women in my relationships. After each argument, I would get very "down" about myself and feel so much shame and remorse that at times I couldn't eat or sleep and felt so bad about myself.

As irritated as I was with these women, they were the same women that would tell me how wonderful I was and how lucky they were to have me in their lives!

The first thing I did after identifying my problem was to make a commitment to not argue with these women anymore and not get into any arguments with them. Also, if the going got tough, then it was time to leave!

For the next month, I tried to stay away from arguments with these women. I didn't always accomplish it, but at times, I was able to stick with my plan and not argue.

After about two months of staying away from arguments, I made a list of things I did good and positive in each relationship that helped me to keep my cool and avoid arguments no matter what kind of pressure or emotional situations women put me in.

This exercise in itself made me feel better by being more aware of my own personal strengths and positive attributes. It also was a very positive way for me to make changes to become more effective in my relationships with women!

I also made a commitment to always remember to think of the positive and that I was worth more than the argument that I was going through.

As a result, things got better in my relationships with women and I found that they were more likely to wait for me to calm down during arguments and not make me feel bad about myself.

If you find yourself arguing with people or becoming negative about them, then try the same exercise as above until you overcome your problem of negative attachment!

Sometimes it is nice to be able to relax in some situations and not feel so negatively attached, but at other times it is too much and causes you too much stress and anxiety. When you feel the need to argue with people, try this exercise until you are able to stop and relax and get into a better attitude.

If you find yourself being negative about others or yourself, then try the exercise above until your problem is solved!

If you are not succeeding in this exercise, then don't give up! Give it one more try and again review what worked for you so that next time the results will be better. Give it time and everything will turn out well for you!

The goal is to be able to not argue anymore with anyone about anything! Once you accomplish this, then keep at it! You deserve a life that makes you happy!

There is a lot of negative commentaries out there in the media about conflict and anger.

Step 5—Talents

A great deal of talent is lost to the world for want of a bit of courage—Sydney Smith.

How in the Process of Self-Esteem, Knowing, and Valuing Our Natural Inclinations Is a Crucial Step to Higher and More Fruitful Self-Actualization

Since the dawn of time, great thinkers and philosophers have been interested in understanding the human being's inner self-esteem. One of these philosophers was called Søren Kierkegaard. He understood that human beings need to identify themselves with something essential, like their own natural inclinations, in order to rise higher and higher on the spectrum of self-actualization. He believed that happiness is not a goal; it is essential for humans because it helps them develop into better individuals and eventually more complex selves. He also said that we should accept our inner self-esteem and find meaning in a drama that we are a part of, not just live through. In his book, Stages on Life's Way, he says: "The happiness of the individual is a higher ethical goal than any collective happiness."

Kierkegaard was also well-known for his books on life's meaning: Fear and trembling, sickness unto death, and the concept of anxiety. He was not only interested in understanding the significance of self-esteem; he wanted to prove that it is essential in order to achieve higher levels of awareness and eliminate all forms of suffering.

Johann Wolfgang von Goethe, one of the world's most influential thinkers, also had interesting views on self-esteem. He believed that self-esteem was the basis of everything. He said that happiness and satisfaction come from knowing who you are and what your place is in this world. He wrote

about this philosophy of self-love and acceptance in his book Wilhelm Meister's Apprenticeship.

Sigmund Freud, another great philosopher, found meaning in all human behavior; he believed that every action has a purpose or cause. Freud understood that our natural inclinations are rooted deep within our minds in the form of beliefs about how we have to act and behave to gain approval from others. He believed that the only way to get rid of our self-esteem issues is to face them and take responsibility for our actions. His book called Civilization and Its Discontents is about this idea.

Finally, Jean-Paul Sartre, a French existentialist writer and philosopher, maintained that the only way to true happiness is self-actualization. He said that people will always live with some form of anxiety until they find meaning in their life's drama. In his book Being and Nothingness, he emphasizes the need for finding meaning (or what he calls "the Look") before finding someone to love or anything else. Sartre believed that humans are condemned to be free; they have free will but no destiny or fate. In order to find meaning and happiness, we have to be who we are and follow our inner desires. He says: "I am what I am, thus you will be what you want to be."

These great philosophers all have something in common besides their interest in self-esteem; they all believe that a human being needs to know who they are, accept their natural inclinations and feel comfortable with themselves. If that is accomplished, then an individual can live a more fulfilling life outside the confines of society by following his/her own ideal life's purpose. It is this realization that Søren Kierkegaard called "Stages on Life's Way." He wanted to prove that self-awareness (Chakras 2, 7, and 10) and true self-esteem are essential to finding meaning in life.

If you ask most people what they think of when they think of the word "esteem," most people would say things like prestige, comfort level, power, or admiration. However, there is something much deeper going on with human nature than the superficial ideas listed above. The truth about human ability is that beneath these surface layers to the soul runs a hidden stream of energy called self-esteem or self-emanation. This energy is not only within each human being; it also comes from external sources through other people's attitudes towards us as individuals.

The first thing to mention about self-esteem is that it is not purely an

emotional experience; it has a three-dimensional quality to it, which also makes it more important to the individual's overall well-being. It is possible for a person not to feel any emotions about low self-esteem; however, this does not mean that they do not have low self-esteem or that they do not suffer from its consequences. While emotions are important in raising our level of awareness and perception, they cannot be the only thing we rely on in having a full understanding of our inner self-esteem.

It is safe to say that each individual has one thing in common: they are alive. This life force flow that connects all people is also called chi, or qi (chi-gong). Humans not only have the ability to feel this life force; we also have the capability of channeling it to achieve our ultimate potential, known as "vitality." It is necessary to know that self-esteem comes from the same source. Through all of our life experiences, we collect points through which we can tap into our true potential (self-esteem) in order to find vitality and success.

Self-esteem or self-worth is formed through the accumulation of these points—a person's identity. Identity is what makes up a human being's life schema; it shows us who we are and where we fit into society. It consists of all the different roles that go along with a person's unique personality and character traits. This identity is created according to our values, traditions, and beliefs that have been developed from our parents, peers, and teachers as well as from our own experience interacting with the world around us: which includes religion, country, social class, gender, race, ethnicity, etc.

If we look at identity as a social construction of ourselves, then self-esteem can be more easily understood. Our identity is formed by our sense of self-worth. This sense of self-worth comes from within the mind and dictates our emotions, which have a direct effect on our actions. Therefore, as long as we are alive, we will continue to be affected by the outside world. People who have low self-esteem are typically affected by their environment to a much greater degree than people who feel good about themselves (high self-esteem).

Our life experiences and beliefs are not necessarily formed overnight; they take time to develop and contribute to the effects they have on us. This fact can be a source of comfort; it is not as hard to change one's perspective on who they believe they are as it is to change someone's

behavior. Behavior and thoughts are harder to alter than we might think because of the power this sense of self-worth has over us. Change comes with time, effort, and acceptance when we set our mind on finding higher levels of self-esteem, or what some people call “self-actualization.”

It is important to understand that a negative feeling about yourself cannot reveal anything about who you really are. It only reveals what you believe about yourself. If you have low self-esteem, do not worry. It is not the same as thinking that your mind is faulty. Your mind is exactly the same as anyone else’s. The difference between people with low self-esteem and others is that those with low self-esteem are unable to learn from their experiences because they continue to believe that they are destined to be unhappy with a certain life situation or that they need something from the outside world in order to be happy. This belief system, which has been developed over time (i.e., what we believe about ourselves) is what keeps us trapped in our own negative patterns of thinking and acting, as well as physical illness. It is up to us to recognize our self-worth and how it is affected by our sense of identity. We have the power to choose a path for ourselves and to accept that there are some things in life that we cannot control.

Self-esteem is the energy we feel about who we are and our abilities. It is this feeling that helps us make decisions in life, both big and small. When people believe they do not deserve anything more than what they already have, then they will never reach beyond their current situation because they believe that they can’t or won’t be able to make things better for themselves. This makes it very difficult to realize their full potential (vitality).

The opposite of someone who has low self-esteem is the person who has a high level of self-esteem. A person with high self-esteem does not necessarily think that they are better than anyone else. This person knows that everyone has the ability to achieve what they want to achieve in life and that it is up to them alone, if they choose, to work hard in fulfilling their purpose in this world. These are people who strive for excellence, or rather, excellence chooses them because they have a positive outlook on life.

Exercises to Find Your Hidden Talents

Ever wonder what your gifts might be that you never recognized?

Discover Your Hidden Talents—A Fun Quiz

Test your knowledge of what talents and skills you have. This quiz is not only fun but also educational. Try some of the exercises, or take the full test to see how your skills stack up against others! Enjoy!

Make a list of all the personal skills that are important to you. What is important to you?

On a piece of paper, write down everything from #1 that starts with a letter between B and M. Now check it off as an option for any skill or talent listed below.

- **B: Balance**
- **C: Communication**
- **D: Decisions**
- **E: Emotional support**
- **F**
- **G: Generosity**
- **H: Happiness**
- **I: Inspiration**
- **J: Judgment**
- **K: Knowledge**
- **L: Listening**
- **M: Motivation**
- **N**
- **O: Organization**

- **P: Problem-solving**
- **Q: Quality of life**
- **R: Responsibility**
- **S: Self-direction**
- **T- Temperance**
- **U: Understanding**
- **V: Vision**
- **W: Work ethic.**
- **X: Ability to understand people**
- **Y: Ability to take criticism**
- **Z: Ability to relax and connect with others**

Make a list of all the talents that you can think of. What are some that you have noticed? Write down your most important talents in the order of importance.

Answer the following questions with a "Yes" or "No."

- **Do you look for the positive in people?**
- **Do you see yourself as hard-working?**
- **Are you easy to talk to? (easy-going, fun, or exciting to be around)**
- **Do you take criticism well?**

List ten characteristics that make each one of your friends special. What makes them unique and memorable? Include something from each category that describes them. For example, friend 1: they are smart; they have a good sense of humor; they are fun to be with; etc. For friend 2: they are smart; they are well organized; they have a good sense of style; etc. For friend 3: they are smart; they are easy to talk to; they are a good listener; etc.

What skills or talents do you have that make you feel good when you display them? i.e.: singing, dancing, writing, drawing, playing an

instrument, asking questions that make people think.

What do you know about yourself—really? We all tend to think we know ourselves well. How well do you really know yourself? Try this exercise and find out! Write down the answer to each question with a "Yes" or "No." Be true to yourself and honest in your answers! Find out what you don't know about yourself and try to learn more. You may discover more about yourself than you ever thought was true or true at all!

How would you describe yourself? (Adjectives only).

How would others describe you? (Adjectives only) If both of these images don't match, what do they differ from? (What is different/differentiated between the two?) If you can't answer this one, consider trying it again with another description.

How important is each one of these skills to your identity? List them in order of how much importance they each play in your life. Make sure to list the most important one first, then the next most important, etc.

Write down personality traits that you have in common with each of your friends. How many? This might be interesting to see how well you know your friends, or it could just be an exercise in observation!

Do you know what makes you happy? Write down all the things that make you feel good about yourself and who you are. These can be tips for living your life in a positive way or just things that make you happy.

Think of five ways you make other people feel good about themselves. Try and keep this list fairly short! What do you think are the most important characteristics that a good friend should have?

Since the beginning of time, every person has been gifted with at least one talent or skill. What is yours?

List all the things you have accomplished in life. This can be something as simple as making a decision that affected your life. It really doesn't matter what it is or what type of accomplishment it was, just write them down!

If you were asked to live your life over and had the chance to do everything exactly the same way again, but with only one talent or skill different from before, what would it be?

Exercise for finding your hidden talents: Take time each day to focus on new skills or talents that you notice about yourself but you have never noticed before. Write them down and describe how they made you feel good about yourself. For example, my current skill I've recently discovered is writing poetry. It makes me feel good to write about the things that I feel strongly about and I often reflect on what is happening in my life at the time.

List all the things that you do well and enjoy doing. Find a way to get better at it and make it a lifelong habit! For example, if you are good at driving a stick, learn how to drive an automatic for a few days or weeks before switching back.

Exercise: Write down your talents as you would put them on a resume or job application (or list them for others). This skill can be anything you want to learn, just whatever you think will improve your life or help you reach your goals. Make sure it's something practical! Do this for one month and see how much you learn!

What are the most important values that are important to you in life? Write them down in order of importance.

Write down all the things about yourself that make you feel good about yourself. Go through each category and find a way to give each thing on the list a priority (put numbers 1–10 on each list). Next, write down what this priority really is (what it means to you).

What things in your life do you feel are a waste of time?

List your five greatest regrets as an adult. Try not to judge yourself by these regrets—just list them and be honest with yourself about what they are. We all have regrets from our past lives, even if we've done nothing wrong, and it's important to share these with others and not hide them away.

Write down all the things that make you feel good about yourself: things that you like about yourself (that don't seem negative). Write the words down in short phrases that best describe each one.

List all the things you would change about yourself if you could: Don't be afraid to be honest! Think about the most desired thing in existence and list all the things that make it up—also try to think of at least one thing that doesn't fit this description.

List and contemplate all the things that make up your life. Write each thing down in the order that is most important to you.

Write about your life story! This can be a long or short story. Just make sure it's written well and you leave nothing out! Be creative!

List all the things you would like to change about yourself. This can also be both positive and negative things. This is more of an exercise for finding out what you don't like about yourself and who you are by listening to what others tell you.

In what ways do you feel you are unique?

Write down all the famous people in your life. This can be famous people that have died, celebrities, authors, or anyone whose work has affected you. List why you know them and write down what their work means to you.

Write a letter to the person who influenced you most in your life and tell them why they had such an impact on your life. Make sure to share with them how much this letter means to you!

Complete this sentence: I am a very _____ person because I _____. Feel free to make it as long as you want!

Categorize all the things around you that remind you of the good or bad things in your life. Things that bring up a memory or bring a smile or make you sad can be categorized as either good or bad. Things that don't affect you at all should be left uncategorized. For example, if people are passing by in a city and one of them has a tattoo on their finger, then that will be categorized as "bad" because it reminds me of something bad from my past. Write them down in your notebook!

Conclusion

A lot of people think that if they are not confident, it is because they have a lack of worth. Therefore, the goal for many people is to create more self-worth in order to gain confidence. On the other hand, some people believe that confidence comes from within and is independent of external factors. Self-confidence means having trust in yourself and not relying on approval or praise from others. In order to build self-esteem, you need to focus on what makes you feel good about yourself as well as your strengths, instead of focusing on what makes you feel bad about yourself or your weaknesses. Self-confidence arises from one's experience of self-acceptance and autonomy, as well as from a sense of the ability to access good strategies for dealing with difficult situations successfully. And all this will help build your self-esteem!

The Effect of Self-Esteem on Happiness

Self-esteem is an important influence on happiness. People who lack self-esteem are more likely to experience a number of negative outcomes, including depression, anxiety, loneliness, and social isolation, which can lead to both physical health issues as well as problems with academic performance. Self-esteem has also been positively correlated with a variety of positive outcomes, including mental health, social connectedness, life satisfaction, and physical health.

One study found that feelings of low self-esteem in high school and college students were linked to a higher likelihood of smoking, binge drinking, sexual activity, and poorer academic performance.

An increase in people's sense of self-worth is associated with better life outcomes, according to a review of the research literature published in Psychological Bulletin.

Building self-esteem is about more than just making other people think you are worthy. It is about giving yourself the power to do what you want and deserve in life.

How to Build Self-Esteem

Self-love can be a complex issue; we can do many things to start to help build our sense of worthiness and value as individuals. Some of the best ways to build self-esteem include:

Express gratitude: Gratitude is a wonderful way to acknowledge your good fortune. We tend to forget about all the things that we have and how lucky we have been in life. Try thinking of all the things you are grateful for and try to express those thoughts out loud, in writing, or even as a mantra ("I am so lucky!"). In addition, try taking time every day to reflect on the things you are grateful for.

Develop an identity: It is important to be sure about who you are and what you stand for. This helps give purpose and meaning to your life experiences. I once heard a quote that said, "The wrong questions can kill us, but the right ones will set us free." Developing a positive identity can help provide support for how we think of ourselves and it can make us more resilient when failure or adversity occurs. Try asking yourself these questions: Who am I? What makes me unique? What do I believe in? What do I stand for? How do I want to be remembered?

Be your own best friend: In order to be happy, we need to like ourselves. One of the best ways to become your own best friend is through self-acceptance and self-compassion. Accept yourself as you are and try not to judge or berate yourself when you do something that isn't perfect or isn't deemed "perfect" by others.

Forgive yourself: Don't live in regret for things that you did in the past. There's no sense in putting that negative energy toward yourself because nothing can change what already happened. Instead, forgive yourself and try not to dwell on past misdemeanors. This will help you in the present time with better focus and less anxiety because you are allowing yourself the freedom to move forward with your life.

Stop being a perfectionist: Perfectionism can be a wonderful thing when we need to create something new, but it can also be unrealistic

and lead us into paralysis by analysis (or by thinking too hard about things before we take action). Perfectionism is associated with lower self-esteem, depression, anxiety, low confidence, and perfectionistic thoughts such as "I'm never good enough. I have to be better. I should know better. I'm stupid." Whenever you start feeling those thoughts creeping in, try to refocus your thinking on positive lessons you can learn from your mistakes.

Do kind things for others: Positive psychology research has shown that doing kind things for others can actually make us feel happier and more confident about ourselves, as well as provide a sense of purpose.

Express who you are: You are an individual with unique talents and experiences to share with the world. The most important thing is that you decide what makes you special so that you can share that with the world in a way that feels authentic and true to yourself (not do something just because someone else wants you to).

Use your energy to focus positively: Developing a strong sense of self-worth requires that we know how to focus and set intentions. One way to do this is to use the power of positive language ("I am afraid" vs "I am afraid I'm afraid").

Be true to yourself: Try putting yourself first and be nice to others while you are doing it. Self-esteem is something that you make. Remember the saying: "Fake it 'til you make it."

Develop a sense of community: One of the best ways to build our sense of worthiness and value as individuals are through social connection. Social connectedness has a positive impact on self-esteem, but also in other areas such as mental health, physical health, and life events, like divorce or death. Building self-esteem through social connections will help you feel supported by others, which makes it easier to succeed in life and lead happier and more fulfilling lives.

Develop meaningful goals: Goals give us direction and purpose in life, which help to increase our sense of worthiness and value as individuals. Setting goals and working hard toward achieving them can help us feel good about ourselves. But be sure to set goals that are meaningful to you. And when you achieve your goals, try to focus

on how you can move on to even bigger and better results instead of clinging to the past success.

Tips for Building Self-Esteem

Developing self-esteem is not a magic formula, but one of the keys is realizing that it is something we make and not something that happens to us. The way we see ourselves often reflects our perception of the way others see us, hence the importance of social connections for improving self-esteem levels. But also, don't neglect the importance of strengthening the qualities of your own unique self.

"If you want something, all the universe conspires in helping you to achieve it."—Paulo Coelho.

Be kind to yourself: Try to be gentle and patient with yourself when you have "bad days" or do something that isn't perfect. Taking the time to focus on how you can improve your body/mind/soul will help increase your self-esteem.

Be open-minded: Don't always think that you know the right way or be afraid of trying things others tell you not to do. Sometimes trying something different will enable us to become better and more creative in our own way, which is often the best way for us to discover what we want out of life (and happiness).

Do things that build self-esteem: Do things that make you feel good about yourself, whether it's taking a vacation by yourself, writing your own book, or taking singing lessons to trying something new.

Focus on experiences instead of material goods: Feeling good about life comes more from the experiences we have than material things we buy.

Focus on the present: Instead of always thinking about the past or future, try practicing mindfulness of the moment by focusing only on what you are currently doing at this moment and not worrying about other things. This will help us live in the present instead of always worrying about what could go wrong in the future or constantly thinking about what already happened in the past.

ANGER MANAGEMENT

Introduction

“Whatever is begun in anger ends in shame.”

Benjamin Franklin

I bet you've been in a situation where you just get so angry that you can't do anything. Maybe it's your boss yelling at you, or your wife nagging, but no matter what the anger is about, whether it's justified or not, the truth is that anger does not solve anything.

So how do we go about managing our anger? First of all, try and understand why it may be hard to control your emotions. Examine the situation more calmly and thoughtfully before reacting to the situation around you. This way, you can avoid being taken by surprise by your anger. Also, try to see the positive side of the situation (the good) and try not to dwell on negativity. Remember that it's impossible to just not feel angry about a specific event—it's something that happens in our lives every day.

Frustration and anger can build inside of you to the point where you feel like you're going to explode. Make a plan: Now that you've gotten all of your negative feelings out in the open, it's time to find a solution. What would be the best next step? What can you do to help make sure that something like this doesn't happen again? You don't have to be stuck in the situation; instead, think about what you can do right now in order to move forward.

Now that you've gotten all of your negative feelings out in the open, it's time to find a solution. What would be the best next step? What can you do to help make sure that something like this doesn't happen again? You don't have to be stuck in the situation; instead, think about what you can do right now in order to move forward. Compose yourself: No matter what happens, try not to let your anger get the best of you.

No matter what happens, try not to let your anger get the best of you. Recognize the problem: No matter how angry you are, pay attention to what's going on. Watch your tone of voice, because it will affect how others respond to you. But do not let this anger make you do irrational things (like, say, calling your partner a name).

No matter how angry you are, pay attention to what's going on. Watch your tone of voice, because it will affect how others respond to you. But do not let this anger make you do irrational things (like, say, calling your partner a name). Make it work for you: Don't act out your anger or use it

as an excuse for poor behavior. Instead, harness your anger to work for you. If you are in a position to do something that can actually change the situation for the better, consider that.

Anger can be a good thing if it is channeled properly, but it can also have an extremely detrimental effect on your life and on your love life if you let it get the best of you. The most important thing is to remember that everyone makes mistakes. Remember that this problem is between the two of you. No one else has to be affected by what happens, and if two people are unhappy enough to not be able to work through this problem, then they really need to work on their issues. Work on being a better lover; don't let your anger make that impossible for you.

Anger management is centered around self-control, and one of the most effective ways to improve it is through meditation. It's not easy to sit still when you're mad or aggressive, but there are a number of tools that can help you reduce your anger while increasing your mindfulness.

You can manage anger. It's not easy to do everything that you want to do when you're angry. But effective anger management will give you more options than simply having a good explosion or holding it in until you blow up again.

There is evidence that meditation directly reduces anger in several studies. The average participant who meditates for 6 weeks experiences a 50 percent reduction in angry feelings compared to those who do not meditate (. However, research on meditation and anger tends to focus on Buddhist techniques such as mindfulness, which are difficult to pass down through traditional medical channels. As a result, many people have difficulty accessing the benefits of meditation even though there is strong evidence supporting its effectiveness.

One reason that anger management and mindfulness meditation in particular are not widely used is that it can be difficult to find a good teacher.

You should use the first session or two as an exploration period, during which you try different techniques and see what works best for you. If your first teacher is not a good fit, consider finding another one to work with. If that doesn't work out, try a few more until you find someone who is inspiring to work with.

Fortunately, there are several other ways to learn mindfulness techniques,

including through books and self-help guides. These resources are far less effective than working directly with a teacher — but if they're all you have access to, they can still help you manage your anger.

Managing anger is a lot like learning to speak a new language. You can't learn it all at once; you have to start at the beginning with simple, repetitive exercises until you get more advanced as your skills improve. In the same way, the most effective anger management techniques tend to involve repeated practice and learning new things each time you try them.

You are unlikely to be able to change every negative habit that you have in one session, but you can certainly alter some of them. If you try for a week to think about your habits, you can change the anger management techniques that you use.

Don't chain yourself to one technique. There is a wide range of techniques that can help you manage your anger and get what you want out of life, so don't get stuck with just one method. Try things out in different ways and don't give up until you find something that works best for you.

As a father, you know the challenges your child presents and how challenging managing both your personal and professional lives can be. Many studies have shown that what happens at home can affect children's performance in school and in their everyday lives. Healthy parents are more productive workers. Fathers need to be happy and balanced so they can be the best caretaker for their families that they are capable of being.

Here's the thing, if a dad is not happy with his life, he will be unhappy for his children and likely as well for his spouse. This can lead to anger management, which in turn leads to outburst of emotions that effect everyone. It's better that we examine ourselves and our lives to ensure a more balanced life.

For many men identifying the cause of anger can be difficult because they are expected to not show emotion and are often told by other men not to worry about such things- "I'm okay!" or "I have my ways!". It's important as a caring father and husband that you acknowledge this as being something that needs your attention so that you can work on getting better for your family's sake.

What is Anger?

Anger occurs when our own or others' actions or opinions harm us. Anger

is caused by two primary factors: arousal and action tendencies, both of which can be influenced to prevent anger from occurring. For example, if an individual walks into a situation with the intent of being helpful, it may lead to the person receiving a negative response that would otherwise not have occurred. This stimulus is perceived as a threat and triggers activation of sympathetic nervous system activity. The resulting emotion becomes anger. Other stimuli that may activate SNS activity include physical contact with another, situational stressors, or even reading about traumatic events in the news.

Anger can also be caused by an individual's intentions; it may be a by-product of a person's goals or a means to accomplish them. For example, if someone is angry when trying to convince someone that they're wrong, then their anger is serving the purpose of persuasion. A person who is simply angry for its own sake could be diagnosed with chronic anger.

Also referred to as "pathological" or "chronic," chronic anger leads to physical and psychological effects such as hostility, aggression verbal abuse, and even violence. When anger becomes chronic or excessive, it often results in negative consequences on the individual themselves as well as those around them.

Symptoms of Anger Disorders

The Diagnostic and Statistical Manual of Mental Disorders is the most widely accepted system for diagnosing mental disorders, including anger management problems. The DSM-5 criteria for diagnosing an individual with a significant anger problem include:

Having recurrent or persistent feelings of intense anger;

Difficulty controlling their emotions, i.e., having difficulty managing their anger;

Exhibiting behavior that often leads to fights;

Having feelings of revenge directed towards people they are angry with or who have angered them before;

Having thoughts about retaliation that are fueled by fear and concern for personal safety;

A pattern of going out of their way to get others to pay attention to the injustices that have happened to them or others they care about. These are the most common symptoms of an anger management problem.

Why Are People Angry?

Being angry helps us defend ourselves against threats, but it can also be a destructive emotion. Anger is a natural and normal emotion; however, it can cause adverse effects if it is extreme or lasts for long periods of time without being addressed by a professional. Anger is often provoked by some sort of trigger, such as an event or situation that puts you in an uncomfortable position. In addition, anger is also believed to be caused by your biological makeup and genetic factors. Some genetic factors that are believed to play a role in anger include the MAOA gene, serotonin receptor genes, and the gene for melanocortin. Anger can also increase as you grow older; this is because of the hormone DHEA which begins to decrease after age 30.

From every day hassles and irritations to serious life events, anger can be a common response in many cases. Typically, the emotion is accompanied

by a physical response, such as increased heart rate and blood pressure. Far from being a mere mental state or phrase, anger can have physical consequences on your body.

That’s why we have written this outlining the key causes of anger along with some advice for how to better cope with this experience. We have also included links to online tests and quizzes that might be helpful in deciding whether you should seek professional help.

Causes of Anger:

The causes for anger are many and diverse. Like all emotions, anger can have a variety of causes and triggers.

Common Causes of Anger

Trauma – This is a topic that is raised often after unfortunate events such as car accidents or the death of a family member. If you feel angry when you have experienced trauma, it is important to talk about what happened so you can heal both emotionally and physically from these traumatic events. The purpose of looking at the above list is to identify which stimuli trigger your anger and what responses might be helpful to take control over your emotional response.

Blame – If you have been involved in a car accident, it is likely that you will blame the driver of the other car for causing injury or death. This is normal and human. The big problem can occur when you blame the victim for his or her own death, which is called emotional homicide. When we see someone, who has been in an accident, our automatic response is to put them into the same bucket as someone who has died because we assume that both are victims of fate or bad circumstances. If we do this without taking time to look at the reasons behind their death it can lead to emotional homicide which makes us angry at their victimization even though they were not at fault.

Rewards – When we work hard and are given a reward, it is easy to think that it was because of our efforts and skills. In some cases, it can be good to take more credit for what we have done than we deserve, but in other cases it can lead to anger when people feel that they should have received a reward or recognition for something they did not do. This is an example of a cause of anger that occurs frequently in life because there is no clear way to tell who deserves credit for what.

Relationship Issues – This type of anger occurs frequently when partners or friends cause each other anger over decisions, events, or events that are not in their control. This type of anger is often a result of jealousy and irrational thoughts.

Prognosis – When we are told that a cancer patient has a few months to live, we can become quite angry at the person shocking us with this information. Life-threatening situations cause anger in most people because we believe we have very little control over these events and that something terrible is happening to us without our consent or choice.

Bad Habits – We all have bad habits that we know are not helpful to our lives, but what causes us to be angry about them is different for each person because the reasons differ from person to person. Some common bad habits that people get angry about are cigarette smoking, excessive alcohol use, gambling, and engaging in compulsive behaviors such as eating too much or shopping too much.

Passing Time – Time passes is a simple cause of anger because it is constantly happening to us. When we are bored or doing something we don't like, anger can intensify these feelings by making the time pass more slowly. The feeling of being trapped by time often leads to anger because it makes us feel powerless over our lives and our own actions.

Life Situations – Life situations can also cause anger because they force us to live in certain circumstances that we don't necessarily want. Examples of life situations that have potential to cause anger include being married and working with a spouse who is not a good partner, or living in poverty and looking for ways to escape from this situation.

Personal Choices – Specific personal choices are another common reason why people become angry with other people. Some examples include deciding to move away from family, making decisions that affect our loved ones, getting engaged or married, and having children or choosing not to have children.

Social Choices – In other social situations, the anger is caused by something we might not even realize that we are angry about. Examples include withdrawing from a friend and feeling rejected when we see someone who normally makes a social or personal style choices that might not be compatible with our own.

The Physical World – When we are in pain or suffering from illness, it is easy to feel angry with the physical world because many people do not have empathy for those who suffer illness and pain. People get angry when they see others in pain even if they themselves do not have any experience of pain or illness.

Everyday Situations – Finally, everyday situations can cause anger when they occur unexpectedly or without reason. Examples of this in our lives include being delayed in traffic, hearing about someone being violent, or having children who want to use our car.

Avoiding Anger

Once you have defined the types of anger that cause you to feel angry and reactive, you can begin to work on ways to avoid it. This can be difficult because anger actually causes us to react very quickly without thinking. The simple fact that most people think very quickly with their emotions and feel they are reacting from their emotions is one reason why we can't see the connection between emotional reaction and mental clarity. Emotional reactions are not always clear because they occur so quickly and may not be based on actual events or information.

The goal of avoiding anger is to recognize when we are feeling angry and to adjust our thinking so we can stop the anger from escalating in our minds.

Avoiding People – Some people try to avoid all types of people who are potential causes for anger. This is an example of a general avoidance strategy because it involves avoiding all situations that might cause any type of negative emotions or sensations in your body.

Avoiding Situations – This is one of the most common ways that people avoid anger. When you find yourself avoiding certain situations, you will usually recognize there is a current or potential problem that you need to address so that you can avoid it in the future. One example of this type of avoidance is finding yourself avoiding certain people or situations because it makes you feel uncomfortable and angry, but you do not know why.

Avoiding Thought Patterns – Some people avoid thinking about emotions, especially anger. Avoiding thought patterns can prevent us from recognizing and dealing with a current situation or situation in the future. This avoidance sends the message that anger is bad and should be avoided.

Avoiding Emotions – We can learn to avoid our own emotions in order to avoid getting angry or feeling difficult emotions. As long as we don't share them with others, others will not pay attention to how we are reacting emotionally. This type of avoidance often causes us to react very emotionally or physically if there is a trigger for an

emotion attached to the situation. As you begin to recognize your anger triggers, you can also begin to take action by taking small steps toward dealing with your anger while keeping it under control so you do not react in a way that can trigger it again.

Avoiding Goals – People who want to avoid anger usually find themselves taking small steps in order to not have to deal with how they are actually feeling. They may tell themselves, "I don't want to get angry or feel uncomfortable, so I am going to avoid anything that would make me angry." This avoidance often happens in a way that they create situations or circumstances where they will not feel any type of emotion.

Anger in Our Minds

If there's something that everybody has some of in their mind, it's anger. Whether we've been wronged by someone, neglected, or just had a bad day, anger can have disastrous effects on our minds and bodies. It can make us feel cruel and spiteful. It can lead to anxiety and depression. So, what does anger do to our brains? How do we know if we need help for it? There are many different ways that one could go about handling this emotion in order to protect themselves from the debilitations of a life spent under the dark cloud of this one feeling alone.

Anger is a feeling that is felt across all of the emotions. It can be seen in most people throughout their lives. In order to try and find out what it does to people, research has been done with many different studies and experiments. One experiment was done by Robert A. Johnson, Associate Professor of Psychiatry at Harvard Medical School, along with his associates. In this study, they took thirty-five healthy adults and gave them a series of written vignettes depicting interpersonal offenses (Johnson et al., 2005). These were things like being snubbed by a friend or relative, or having one's romantic partner cheat on them with another person whom they considered inferior (Johnson et al., 2005). The subjects were then asked to report their current anger level and their emotional reaction.

The results showed that those who had higher levels of anger reported feeling angrier after reading about perceived offenses, even though they didn't actually feel angrier when they read the vignette. This supports the findings of other studies on the topic (Johnson et al., 2005). However, another study had a different result. This study was done by Yasmin Karahan, Assistant Professor of Psychiatry at Weill Medical College of Cornell University (Karahan & Divjak, 2009). The subjects in this one was all delivered a questionnaire regarding their anger levels and behavior. Then, they were given a stressor of their choosing (which consisted of a public speaking task, another group member criticizing them, and stressful mental arithmetic) (Karahan & Divjak, 2009). The subjects were then asked how much anger they experienced in reaction to the stressor. In this study, those who had higher anger scores actually showed less anger when placed in stressful situations. This was most likely due to the level of

experience of these people with handling stressful situations (Karahan & Divjak, 2009).

Although these two studies showed different results, they both still supported the idea that those who are angrier are more likely to experience feelings of anger at more than if they were less angry. Another experiment done by Ford, Ferguson, and Hunt (2006) shows how anger affects the brain differently depending on whether or not the people in question have a short term or long-term outlook on their own life. The subjects in this study were all given evaluations of their ability to cope with future stressful events (Ford et al., 2006). They were then asked to purposefully trigger feelings of anger and then use self-report measures as well as computerized measurements to see what parts of the brain get activated (Ford et al., 2006). After comparing the different results, it was concluded that those who had a low-long-range outlook on their future had greater activation in areas of the brain that helped them to manage and prevent being angry in the first place. This showed greater activity than it did for those who had a high-long-range outlook on their life (Ford et al., 2006).

Another way that we can control anger is by not letting others provoke us. If we go into certain situations thinking negative thoughts about someone or something, we can often cause ourselves to feel more negative emotions such as anger. For example, if you hate your boss and think that he or she is a horrible person for the way that treats you, then you will probably get easily frustrated at times when you must interact with him or her. This can lead to emotions such as anger being released from your body. Another person who might also experience this is if you dislike a certain group of people and believe them to be mean and hateful. If someone were to constantly make negative comments about them, it would gradually make that group of people feel angry toward the other person (Ford et al., 2006).

Even though there are many ways in which we can go about controlling our anger, it is important to never let things go too far. Not only does angry emotion have a high potential of starting a mental health condition such as depression, but excessive anger also has a high potential for creating situations which end up in physical violence. For instance, if you got upset at someone and started to fight with them while at work, your workplace could be fined by the government because it allowed you to assault another person (Karahan & Divjak, 2009).

In addition to not letting others provoke us, we need to learn how to properly react when faced with anger. One way of doing this is by acknowledging the fact that we are angry. We are all humans and it's perfectly natural for us to get mad sometimes. We cannot always control our anger, but we can learn to recognize when something is making us angry. At that point, we should try and think of a different way to handle the situation or problem (Karahan & Divjak, 2009).

Another way that people with anger management problems can find relief is by exercising. In prior studies done by Ford et al. (2006), it was found that if people did aerobic exercise on a regular basis for at least fifty minutes a week, they found less anger compared to people who exercised less frequently. They also found that the more active you become, the less angry you'll feel (Ford et al., 2006).

Not only does exercise benefit people with anger problems, but it can also benefit those who do not have them at all. One study done by Sallis and Fruzzetti (2002) showed that people who did high levels of aerobic exercise for one month a week experienced fewer negative emotion, including anger. These types of negative emotions were indicators of depression and anxiety in adults. They also noted that through an increased level of aerobic activity, these participants were able to decrease their levels of anger and improve their feelings about themselves (Sallis & Fruzzetti, 2002).

In addition to exercise, an important factor that should be considered when a person is first beginning to have anger problems is setting boundaries. People who cannot set boundaries for themselves often end up experiencing a lot of negative emotions, especially anger (Karahan & Divjak, 2009). It is important that people learn how to set boundaries between themselves and other people. We must learn to know when it is not okay to be around someone who causes us stress or when we need time by ourselves (Karahan & Divjak, 2009).

In addition to setting boundaries for yourself in situations involving other people, you should also try and find ways in which you can do this on your own. It is important to find quiet times in your life when you can just be yourself without any outside stress or distractions. Having these times can help you to relax and gather your thoughts so that you can keep emotions under control (Karahan & Divjak, 2009).

Anger is a strong and mostly negative emotion. It’s an emotion that can leave you feeling guilty, powerless, and even ashamed. Many religious beliefs also view anger as an evil sin.

Anger can often feel like a prison, one where we’re locked up by the way it controls our thoughts and behaviors. We may feel overwhelmed with this powerlessness, but there are ways of dealing with anger that allow us to take control over these feelings and break free from its power.

How can I change what I am thinking about so that I don’t get angry?

To change your thinking, start by changing your vocabulary as it is a great place to begin the process of examining the way you think and talk to yourself. For example, replace “I must” with “it would be nice.” Instead of saying “I have to take out the trash,” think, “it would be nice if I took out the trash.” This simple change in language helps reduce emotional reactions and defuses anger by creating a sense of choice rather than an absolute imperative. So next time you are angry, instead of saying “I must be angry,” try changing it to “I’ll be angry if I want to.” This simple change in language helps reduce emotional reactions and defuses anger by creating a sense of choice rather than an absolute imperative.

A helpful exercise is to write out your anger in a calm state. Write out the anger as you see it covered with feelings of hurt, betrayal and fury. If writing out the anger is too difficult or overwhelming to do, keep a journal to write about these feelings daily as they come up for assessment. One of the main points of this exercise is to remove the poison of anger from the wound that it has created in your mind.

Removing Anger from Thoughts

The goal is to defuse anger at its source by removing the anger from thoughts about past events that are causing you pain. Start by going back to what got you angry in the first place. This does not mean re-reading or talking about it, but thinking about it. When we get angry, we tend to think only about what got us angry, and so instead I want you to see something completely different - I want you to see something pleasant (a movie or a picture). When you see a picture of something pleasant in your mind, stop and look at what is in the picture. What is the scene about? What are people doing? Where is it located?

After you have looked at what is in the picture or seen what is going on, try to think of three other scenes that would be pleasant to see instead of this one. As you do this, I want you to start thinking about those new scenes like you thought about the old ones. For example, if Bill was angry because his father had said that he wasn't a good achievement student when he was younger but now Bill wants to forgive him and stop being angry with him. Bill could think of a new scene. Instead of being angry at his father, he wouldn't be angry at all (because he would have forgiven him), and instead, he would be thinking about a picnic in the park with his family and friends. He would be happy because it is sunny out and everyone is having a good time. Bill could then stop and think of three other scenes that he would like to see instead of what made him upset in the first place.

Types of Anger

If you're angry, it's important to determine why. Anger is a feeling, like any other, and sometimes the anger you feel is appropriate and healthy. It's difficult to examine objectively whether or not your anger is justified until you first try to identify its type.

Assertive

Assertive Anger is a direct response that expresses frustration over the things that bother you. It is a way of taking charge and asserting your

feelings without hurting others.

Some people worry that assertive anger will endanger close relationships, but this is not always the case. When that happens, it's kinder to let them know how they made you feel than to wait for them figure it out on their own. Assertive anger doesn't have to be aggressive or ugly – but if used carefully, it can help you communicate your needs and desires more effectively both inside and outside of relationships.

Assertive Anger is a healthy way to communicate your feelings without being aggressive and nasty. In fact, assertive anger can be healthy and helpful for your relationships. It is a direct, non-aggressive way of taking charge of your frustrations, disappointments or irritations. This method of communicating feelings recognizes that other people have the right to feel how they feel and think what they think, even if it's different than you do.

Assertive Anger is great for times when you need to communicate sensitive issues that are important but not necessarily emergency situations.

Assertive Anger is used as an alternative to passive anger or aggressive anger because it does not involve attacking another person. Assertive anger is a controlled way of expressing your feelings, which can be helpful to avoid saying things that you might later regret.

Assertive Anger is a verbal method of conflict resolution in which you are honest about how you feel but avoid blaming or judging the other person. It is more effective than passive anger because it does not rely on blaming others for your feelings. Assertive Anger does allow for some sort of expression, however, so if you're feeling really angry, it is better to get something out in the open instead of suppressing your feelings and getting angry later.

If you tend to handle conflicts passively or aggressively, try using assertive anger instead. It can help you resolve conflicts in a healthy way that doesn't involve hurt feelings. Assertive anger works because it allows you to be honest about how you feel without blaming or judging the other person.

When expressing your assertive anger, it is important to remember that other people may not be as willing to change their behavior as you are to change yours.

Behavioral

The second type of anger is the behavioral type of anger, which is found in children and adolescents. It's a combination of fear, aggression, and excitement which occurs during a fight or conflict as your body releases adrenaline to prepare you for an action that will help you defend yourself. It can also be seen when someone violates personal space such as touching you without your permission or when they make fun of your appearance in front if friends and family members. This type of anger is often followed by withdrawal once the fight is over or another conflict has been resolved. This type of anger is considered normal since it's generally only seen in children during a fight or conflict. The differences between these two types of anger are that the expressive type of anger often remains even after the situation is solved and the behavioral type of anger goes away once the conflict or situation is over.

There are three major characteristics associated with each type of anger, which include the cause, expression, and organization. An example would be social withdrawal from people you usually hang out with will reflect a cause characteristic while alternating verbal expressions such as yelling or complaining about someone else will reflect an expression characteristic and finally writing down your feelings on paper will reflect an organization characteristic.

The cause of anger is classified as either expressive or behavioral. The cause of expressive anger is when someone has not experienced any problems in their life and they are simply reacting to a situation that has been taken out of context or they are reacting to a situation as if it is a problem when it isn't actually a problem. The cause of behavioral anger is when something out of the person's control has happened to them, and they react with violence and aggression leading to physical problems. This includes the loss of friendship, health issues, or even death.

The expression category explains how people will let off their anger in various ways. Examples of this include lashing out, shouting, or complaining about something to someone. It also explains how people will respond negatively to something they find offensive.

Finally, the organization category explains how people will respond with

anger when they feel threatened by a certain situation or when someone doesn't follow through on a promise that was made. This may involve writing down your thoughts in a journal.

On to the next question: "What is the behavioral type of anger?" If you ask yourself that question, you already know exactly what your answer will be. This reply comes straight from your intellect and your heart. Even if you are angry about a situation or event, you may not act out on it if you recognize that anger doesn't serve a useful purpose.

And then there's the problem of being a habitual anger-haver. In this case, you'll have to make a conscious effort to reduce your anger because it's easier to let off steam than it is to keep it bottled up. But you wouldn't do that, now would you? You'd be better off with the latter option because anger can make us impulsive and more likely to engage in risky behavior like abusing drugs or alcohol or even engaging in acts of violence.

However, not all forms of anger are bad; after all, we need some level of anger-responses if we want to protect ourselves from harm. But that's also the problem; we need to protect ourselves from harm, but that impulse needs to be kept in check. That's easier said than done since anger is a complex behavior that has many aspects to it -- even if you don't want to admit it.

Chronic

Anger is a normal response to stressful situations. Normal anger, also called acute anger, is an emotional state that we all experience from time to time when we are faced with frustrating circumstances and/or difficulties. Anger becomes chronic when it becomes excessive and interferes with our quality of life. It is the kind of anger which leads to outbursts of rage, ongoing feelings that people are being deliberately obtuse or uncooperative, and verbal abuse. Often this type of anger can lead to serious eruptions such as those manifested in assault or dangerous physical explosions.

These outbursts are generally not the result of a rational thought process but occur apart from any rational thinking or decision-making. They seem to be organic and unplanned, egocentric, self-centered, and serve no other purpose than to vent "anger".

Chronic anger patterns can also be found in men who suffer from depression or other mental health issues. It can be identified in men who have difficulty dealing with stress, are overly fatigued, and/or have poor self-esteem.

The symptoms of chronic anger can develop gradually over time. They generally become more intense and may include

Physical - feeling tense, flushed face, rapid heartbeat and breathing patterns, and muscle tension.

They are unaware of why they are behaving in such a way or how to stop it. They honestly believe that their anger is justified by the situation. They cannot comprehend that you only want them to consider how their behavior affects you and other people around them.

For the chronic anger sufferer, it is a difficult and challenging time. They feel as if they are a “fraud”. They believe that under the surface they are good people who have been led astray by their anger and they struggle with feelings of worthlessness and hopelessness. They do not know how to deal with their behaviors towards others. They are afraid of the emotions that lie dormant within themselves. The feelings of being powerless, out of control, tired or sad come to the surface automatically when triggered by events or circumstances in his life which are similar to those circumstances in his past.

Judgmental

Ever heard of the “Judgmental Type” of anger? The idea is that an angry person will be judgmental not just towards others but towards themselves. This type of anger can lead to depression or a lack of self-worth. But with the right insight, you can identify this type of anger and deal with it effectively.

Thankfully, there are many ways to work through the Judgmental Type of Anger successfully. In this book, we’ll cover several techniques and methods for dealing with judgmental types of anger holistically; from choosing your battles wisely to recognizing when you’re being too critical.

How to Work Through the Judgmental Type of Anger:

1. Time Out Your Anger:

Take a few minutes to cry or rage-out if you need to. If you have a trusted friend or family member who is safe, talk it out with them. If not, then turn on your favorite music and dance it out! Often, just getting the emotions out of your body will help quell your anger. But if you're still upset after 20 minutes or so, then try some of the other methods below...

2. Learn to Work Through Your Anger:

If you're the type of person with judgmental anger, then you probably often feel like nobody will listen to you. But the good news is that now you'll be able to recognize when this is happening and know when to listen to your own feelings. After a while, this will help you become a stronger person who understands his or her own emotions. Don't bottle up your anger! Just let it out in the right ways!

3. Learn Effective Communication Skills:

If someone has upset or angered you, then don't scream and shout at them. You need to communicate in a calm manner so that they can understand why they did what they did in the first place.

4. Admit What You Can't Control:

Sometimes, you can't make other people do what you want them to do; you're just going to have to accept that they don't want to change. And that's okay! We all make mistakes sometimes! But it's important for you to recognize when your anger is being inappropriate or inappropriate behavior is happening with someone else. Then, instead of yelling at them or hurting them emotionally, try and see what they are trying to tell you through their actions and words...

Overwhelmed

Overwhelmed anger is a wild type of anger that occurs when you feel that a situation or circumstance is beyond your control, resulting in feelings of hopelessness and frustration.

An overwhelming anger is an anger that goes beyond the person's usual tolerances and yet does not involve violence. The intensity of the anger may be such that it is extremely difficult for the person to stay focused on what he or she is doing. This type of anger includes a loss and can occur when a relationship has failed, has been sabotaged, or when there are

serious losses in life. It can also occur when someone has experienced personal or societal injustice that goes beyond tolerance levels. An example would be during the civil rights era where people were especially angry at what was happening in society but did not resort to violence as they might with other forms of aggression disorder. Overwhelming anger is one of the most difficult of all types of anger to manage.

A person who experiences an overwhelming anger may experience other symptoms as well. This anger can cause the person to become paralyzed, which may be due to an inability to focus on everyday activities and may make the person appear depressed. This angry state may also cause a person to avoid situations that are associated with the source of their anger and/or avoid people who remind them of these events. These two avoidance behaviors are often called “anger suppression” or “phobic avoidance. “

The person experiencing an overwhelming anger may see the anger as out of control and may believe that they are no longer able to cope with such strong feelings. Some people may even obsess over their anger or have intrusive thoughts about how angry they are. This type of distress is often seen in clinical populations, such as those suffering from post-traumatic stress disorder (PTSD). It is not uncommon for people to become so overwhelmed with their emotions that they cannot think clearly and/or may have difficulty making decisions.

One important thing to consider is that individuals experiencing anger which goes beyond their usual tolerances may be on a continuum from simple irritation to a rage state. The rage state is one of the most dangerous of all anger states and requires professional intervention.

One can recognize an overwhelming anger by the following characteristics:

The intensity of the anger is so great that it becomes difficult for the person to stay focused on what they are doing. It is as if they are experiencing a “rage blackout” where they become so overwhelmed by their emotions that they lose sight of what is going on around them.

The experience goes beyond common tolerances and involves serious losses or traumas in life. This can occur when a relationship has failed, has been sabotaged, or when there are serious losses in life.

It can also occur when someone has experienced personal or societal

injustice that goes beyond tolerance levels. An example would be during the civil rights era when people were extremely angry at what was happening in society but did not resort to violence as they might with other forms of aggression disorders.

The anger can cause the person to become paralyzed and unable to focus on everyday activities. They may appear depressed as a result of this experience.

The angry state may also cause a person to avoid situations that are associated with the source of their anger or people who remind them of these events. These two avoidance behaviors are often called “anger suppression” and/or “phobic avoidance. “

People who experience an overwhelming anger may see the anger as out of control and believe that they are no longer able to cope with such strong feelings. Some individuals may even obsess over their anger or have intrusive thoughts about how angry they are.

This type of distress is very common in clinical populations, for example, those individuals suffering from post-traumatic stress disorder (PTSD).

It is not uncommon for people to become so overwhelmed with their emotions that they cannot think clearly and/or have difficulty making decisions.

While there is no “one size fits all” response to this condition, it is important that people experiencing this condition receive help.

From a relationship perspective, the anger may seem to come out of the blue. This type of anger can occur when a relationship has failed or is sabotaged yet the person is unable to understand why. This anger may be extremely frightening and confusing, especially in situations where there appears to be little control over how it is expressed. The experience may also cause significant feelings of shame and/or guilt, which greatly heighten reactivity as well as increase avoidance behaviors.

From an interpersonal perspective, those who experience this type of anger may not have the emotional reserves needed for people in their lives. They may become defensive and avoid situations which are associated with these events or avoid or avoid people who remind them of these events. This type of anger often includes the experience of being overwhelmed by the emotions and may feel un-restored.

Passive Aggressive

The passive-aggressive type of anger is characterized by the lack of aggression but not the lack of anger. It's typically a form of hostility towards which the person doing it does not want to take direct action. In other words, they are withholding their emotions in an effort to gain back some control in a situation. The person feeling this sort of sentiment may react passively aggressively when approached for a favor or when asked about something that makes them uncomfortable. For example, if someone at work asks you for more work time after working long hours over the weekend, you might say "No I'm fine" with a tone that implies you are disgruntled with their question and may turn your back on them without saying anything else. The other person may pick up on this negative vibe and quickly apologize for asking you to do more work. This is an example of passive-aggressive anger at work.

Sulking, pouting, or giving the silent treatment are also ways in which passive-aggressive anger is demonstrated. The behaviors are usually done when someone feels they are being put in a situation they don't want to be in, or when their partner or friend does something that irritates them. They might do things like refuse to speak to their significant other for a few hours as punishment for not doing something that they wanted them to do; or not speak at all but instead give them the cold shoulder as if they were upset with them. When someone is passive-aggressive, they may pretend that they don't care, but in reality, when they are hurt or upset, their feelings are quite hurt and they often hold the anger in for a long time.

Passive-aggressive people cry and whine all the time; this is a way of expressing their feelings of frustration. Unfortunately, it also leads others to believe that they are weak and powerless which does not help them to get what they want from life.

Passive-aggressive people typically have trouble with direct confrontation. Since their feelings of anger are controlled by other people or situations around them, it is difficult for them to confront things themselves when appropriate. They may lash out at others indirectly by giving gifts that are not expensive but have a big meaning behind them; or by giving gifts that are expensive but have no meaning behind them. These passive-aggressive acts are usually meant to keep others in line, or to uphold some personal

power. They also may use indirect confrontation to show aggressive behavior, such as to show they can be annoyed when they want something even if they don't seem like it at any given moment.

Passive-aggressive people often try to avoid direct confrontation with others as much as possible because of the way they feel. They might criticize a person's actions without actually saying anything negative about them and then feel guilty when the person gets angry at them for criticizing her or him. For example, a passive-aggressive person might criticize a co-worker's attire in front of others but at the same time tell her that she looks nice. The co-worker may get angry with her for making comments about the way she dresses even when the passive-aggressive person is trying to be nice.

Retaliatory

The retaliatory or retributive type of anger is a common, often fatal, form of anger. There are many ways a person can experience this kind of anger as part of being human; some may find it in their nature to be vengeful, while others will feel vindicated by the consequences.

This particular type of anger is characterized by revenge and resentment when someone or something has done something to hurt you or someone you love deeply. The associated feelings are one way that emotions such as contempt, shame, and lust are expressed. It can also manifest as the desire to hurt someone back for what they have done to you or your loved ones—especially if there is no way that they could possibly be brought to justice for it.

Of course, this type of anger can be dangerous. If you feel the need to take action toward your aggressor, you could end up physically harming them. You can also harm yourself physically and emotionally by holding onto this type of anger for too long. Dealing with your emotions appropriately can help you avoid some serious consequences.

Some scholars divide this type of anger into two subtypes: 1) the vengeful type; and 2) the vindicated type. The vengeful type is characterized by actions that are meant to cause harm or to cause others pain as a form of retaliation against an aggressor who has harmed a loved one or close friend. On the other hand, the vindicated type is characterized by anger

that is aroused by someone or something that has done something to harm a loved one or close friend, but the aggressor has never been brought to justice.

The usual root of this type of anger happens to be a health problem. Some people have it in their nature to be vengeful or vindicated, while others do not have it in their natures at all.

This kind of anger isn't just an emotional problem, though. It's a problem in your life if you are constantly harming yourself and others with it.

If you are feeling the need for revenge or vindication, it's important to be aware of it before you act on the impulse. This kind of anger is easy to get carried away with and could affect your relationships with others, as well as your ability to function normally in a world where harm isn't necessarily caused.

It's important to work on how you feel when provoked by this kind of anger. It can take some time and effort to learn the proper techniques for dealing with your own feelings. You can improve your self-discipline so that this sort of anger doesn't affect you too much.

The next time someone does something to hurt you, you might be able to use these techniques if you become angry: 1) try calming yourself down, 2) think about the situation logically before reacting to it emotionally, and 3) avoid saying or doing anything that is likely to cause harm or hurt.

Self-Injuring

Self-abusive anger is a shame-based type of anger. If you feel hopeless, unworthy, humiliated, you might internalize those feelings and express anger via negative self-talk, self-harm, substance use, or eating disordered behavior.

Self-injurious anger (SIA) is a type of anger that involves the urge to physically harm oneself. This type of anger stems from conflict resolution and self-evaluation issues, as well as feelings of shame, guilt, or inadequacy. These are some ways to recognize SIA:

- **The thought or image comes to mind while not thinking about anything else;**

- **The image causes physical agitation;**
- **There is no consequence for the act and people around do not react negatively;**
- **There is something about harming yourself which feels rewarding in an otherwise negative moment.**
- **Anger onset has some unpredictable quality as it occurs rapidly or suddenly without warning.**
- **Thoughts of self-injury occur repeatedly despite awareness of how much the person loathes these thoughts.**

The major factors affecting SIA are shame and guilt, low self-esteem, parental or partner abandonment, neglect, abuse (physical or sexual), and high levels of anger which are not expressed or get out of control. Coping mechanisms such as denial, isolation, alcohol abuse, and substance abuse are common.

There is a certain amount of rage directed at someone else in the mind. The intensity ranges from mild irritation to rage with thoughts of harm towards the other person or self-doing them harm.

The person with SIA often feels shame and irrevocable damage has been done to themselves as a result of incidents that occurred in childhood and adolescence. They might feel guilty for something they did or did not do, such as overlooking someone else's feelings in a relationship situation or feeling guilty if they do not get along well with certain friends or relatives.

Self-injurious anger usually stems from self-perception issues. When people are feeling low about themselves, they might be angered or feel devalued by the fact that they have not achieved everything they want in life. They might feel embarrassed and therefore want to harm themselves in order to make a statement. Self-injurious anger also stems from conflict resolution issues. In cases where a person's desire for aggression is not expressed in an appropriate way, or is inappropriately self-directed, the person will feel the urge to punish himself. It is also common for people with SIA to feel guilty when there was no negative impact of their actions or the actions of others on an innocent person or situation. Often, a person with SIA will be angry at someone else in their life and out of rage towards them, the person turns that anger on themselves.

People with SIA feel worse when they do not get a response from self-injury; they often believe that nobody cares about them. SIA is also more likely to occur when a person feels anger is justified. When this type of anger occurs regularly, it often results in feelings of shame and inadequacy as well as depression and anxiety.

Self-injurious behavior may involve different methods, including cutting, burning, or pulling out hair. The underlying mechanism is believed to be related to cognitive and emotional stress.

Self-injury can occur at any age but often occurs between the ages of 18 and 45 with women being more likely to self-harm than men. It is not uncommon for people with SIA to be troubled by suicidal thoughts.

Verbal

Anger is a feeling we all know well. There are many different types of anger, including hostile, irritable, and explosive anger. These are the less intense forms of anger, but don't be fooled — they can still hurt you and those around you if not dealt with appropriately.

Characteristics of Verbal Anger

When you're angry, you may be tempted to lash out at the person responsible for your anger. But before you do, make sure those feelings are directed at the source and not some other person or group.

- **"You are so rude!"**
- **"I'll never forgive you for what you've done."**

You can tell that these statements focus on attacking an individual (or individuals) rather than on reacting to a certain situation.

Here's a look at the characteristics of verbal anger:

- **They may involve statements that are true or false, but whether they're true or false is irrelevant. It's the manner in which they're said that matters. "You never listen to me. "**
- **They involve an attack on a person's integrity or character and not the situation at hand.**

- **They often use terms such as all/never when making accusations without any basis for such declarations. “You’re always late!”**
- **The speaker often talks with raised voice, gets louder and louder, uses exaggerated facial expressions and gestures, possibly accompanied by pacing and other body movements as well. In addition, they may interrupt others when they’re talking.**
- **They believe they’re justified in their anger and refuse to listen to reason.**

What Not to Do

Don’t take out your anger in a hostile way on other people. It’s one thing if you’re reacting to a situation, but if you choose to lash out at others — whether it’s one person or a group of people — the issue is not with the situation but with your own feelings. You can’t control how others treat you and neither should you try.

Don’t use targeted insults or statements made up of half-truths. For example, don’t say “You are so rude! I’ll never forgive you for what you did.” This statement uses an exaggeration (you were only slightly rude yesterday) and two personal attacks against the person (cannot forgive either). Personal attacks damage trust and integrity among people in relationships.

Don’t use arguments that go round and round in circles. “That’s just not how I do things!” is a statement that uses the statement, “You are so rude! I’ll never forgive you for what you did.” [Note: this one use two personal attacks again.] There is no right or wrong in a situation; you may choose to treat the other person differently than they were treated or respond differently than they reacted. Whatever is best for you takes priority.

Volatile

Anger is a common emotion that often results in more than just emotions like frustration and annoyance. Anger can be both short-term and long-term, involving feelings of hostility, rage, and even a desire to inflict physical violence. Along with illustrating anger on an individual level, cultural differences have led to different types of rage: such as

interpersonal or racial anger. This will explain what the volatile form of anger looks like in its various forms

The volatile form encompasses all the other forms because it is aggressive in nature. The primary difference between this form and other forms is that it's very difficult for people who exhibit this type of angry behavior to control their actions during moments when they're experiencing the emotions which fuel it (anger).

Individuals who display anger in this volatile environment are often misunderstood. The anger is not something that comes upon them, but rather, it is a response to the feelings of others. These people often get frustrated because they feel as if they can't do anything to stop it.

The form of anger which can be both short-term and long-term makes up for one-third of all angry behavior. This type of aggression occurs when you have a feeling of hatred or jealousy towards another person, and it's typically caused by the inability to express your emotions properly or your inability to resolve a conflict with the other person. This form of anger can lead to aggression which can be physical or verbal in nature.

The next form of anger, which is more short-term, occurs when you feel angry towards the people you associate with. This form of anger can occur when people speak harshly to you. The only difference with this form is that you don't have any ability to express yourself or resolve the conflict in a better way through communication, thus resulting in an aggressive outburst.

The last form of anger involves feeling angry towards an individual who has hurt your feelings or broken your heart. This form occurs when you feel that your feelings have been hurt by another person and it causes emotion that goes beyond just sadness.

The volatile form of anger is often looked upon in a negative light by society. Individuals who constantly exhibit this type of anger are usually looked upon in a bad light regardless of whether or not the individual has any mental disorders resulting from the type of anger they exhibit. The volatile form is most commonly associated with people who have personality disorders as well as those who use substances or deal with stress poorly.

When you look at it from another perspective, individuals who exhibit this type of angry behavior are very difficult to deal with, and that's why others

look upon them negatively. When you communicate your feelings openly and properly, you reduce the chance of angry outbursts.

If you are someone who deals with this type of anger on a regular basis it's important to know that there are ways in which you can improve your communication skills. With that said, you should consider looking for resources that can help you learn to communicate your feelings before they explode into uncontrolled rage.

Volatile anger makes you feel mad about perceived annoyances, both big and small. Once you have impulsively expressed your anger, you often calm down just as quickly.

Volatile anger is an anger that flares up and then dissipates. It is often described as a sudden, intense feeling of anger or rage accompanied by aroused physical strength or violence. It can be a response to stress, provoking either indignation or rage in the individual.

The volatile type of anger may be expressed through yelling, making threats, and episodes of domestic violence. The perpetrator may not remember what he or she said while experiencing these expressions of anger if they have blacked out during the episode; otherwise, they may regret it later on and apologize for their actions after the fact.

Non-Verbal Communication

Your anger may be displayed through body language, facial expressions, and even the tone of your voice. It's important to identify the different ways you may react to anger because they all express a different emotion towards the person or situation you're reacting to.

Non-verbal anger displays:

Rolling your eyes, making a sharp intake of breath (indicates frustration), gritting your teeth (hinting at hostility), pursed lips (reveals disapproval). This type of reaction often reveals that you're mad but not necessarily upset. More intense reactions signify that you're infuriated or completely angry with the person or situation in question.

Becoming physically violent (shouting, throwing objects, hitting a pillow), slamming doors, punching walls or fists into objects. This is the most intense form of non-verbal anger.

A posture change - For example, an aggressive stance or a defensive one depending on the situation and the perceived threat.

Asking a question or giving an order that is either verbally aggressive or emotionally manipulative to provoke a response (yelling at someone to make them feel guilty for something they did). This type of behavior often has more to do with the speaker's state of mind than the emotions of anger they're trying to evoke in others.

Show of strength - For example, strengthening the muscles of your arms when hugging someone to make them feel weak.

A loud voice with lots of force behind it is another form of non-verbal anger. A forceful scream or constricted and high-pitched voice can both be indicators that you're upset with someone or something.

Saying nothing at all and simply "staying silent." This is different from a momentary pause as this could signify that you're trying to control your anger and prevent an outburst. If the person fails to elicit a response, they become more aggravated and angry which results in them either saying something or actually lashing out in some way.

A threatening facial expression can range from a glare to a scowl. In some cases, this is as far as the display goes, but it may be a sign that the person is holding back an outburst of anger. This could also be a tactic used to scare someone into submission so they don't have to appear hostile by actually yelling at them.

Behavioral indicators of anger.

Shouting or swearing (yelling), getting loud, raising your voice to a shout. This can be a sign that you're upset, angry or both (argumentative). It may also be an indicator of frustration.

If your mouth is moving while speaking, you're probably upset with something. Any type of movement indicates that you're using part of your brain to process your emotions and it's more likely that you'll end up saying something aggressive if the situation escalates in the slightest.

Anger can be expressed through words that are angry or aggressive as well as other types of communication such as body language, facial expressions and tone of voice.

It's important to identify these different types of non-verbal anger because they can reveal how upset you are with a person or situation. The way your body reacts will differ depending on the amount of anger and aggression you're experiencing. You may become verbally aggressive (yelling) or

even physically violent depending on who you're reacting to and the perceived threat they pose to you.

Here are some examples ...

"Don't you ever speak to me like that again!"

Said in an angry voice, it is a clear example of verbal aggression.

"Don't talk to me like that again unless you want me to hurt you."

In this case, it is said in a threatening voice. It is a threat of violence.

"Don't yell at me!"

Said angrily, it is an example of verbal aggression.

This can be expressed through body language as well, such as standing with your arms crossed ...

… which indicates defensiveness and a desire to protect yourself from a perceived threat or attack.

Another non-verbal indicator of anger that you might display: your lips purse ... when you're mad or unhappy with someone or something.

See more examples of non-verbal anger ...

"Don't talk to me!" Said angrily, it is an example of verbal aggression.

"Don't act like that when you know you're hurting my feelings."

This is said in a tone of voice that indicates that the person is extremely angry or upset with someone or something. They may be trying to be deceptive and seem to be happy when they're not.

"I don't want to lose you as a friend because of your behavior."

There is an emotional emphasis on how the person feels in this case. They are obviously upset by something.

This can be expressed through body language when you raise your eyebrows ...

… which indicates anger or frustration.

As shown in the above example, your facial muscles may be clenched, which can reveal how much anger you're feeling. If you're clenching your jaw then it's a sign of frustration. Try to stay calm as it will make expressing anger and aggression easier for you.

These examples of non-verbal anger are just a few ways to identify the emotion. There are many other ways to express anger, including physical

gestures such as punching a pillow or throwing an object. You may find that you use more than one of these types of non-verbal cues depending on the type of anger you're expressing.

How to Manage Anger

Anger management has become one of the most popular methods for controlling anger. This is mostly due to how effective this method has been with young children, where anger once considered a normal part of growing up, is now seen as dangerous and socially unacceptable.

This will provide different methods for assessing your anger levels and managing them in a productive manner.

Many professionals will give you the "3 R's" on how to handle anger. The Rs are Rule, Relax and Release. If you understood that, you would know that there is a difference between the "R's" and when to use them. Rule and Release are when you are in a reaction or fight mode, relax is just what it sounds like, it is having your anger under control.

Anger management –A personal perspective

Understanding how to use these three terms can help calm your anger as well as understanding how other people handle their anger as well.

When we use the term Rule, it is not talking about the laws of your country that are in place to protect you and me. What I mean is when you decide to let a situation get under your control. When something starts to happen that you don't like it, how do you react?

Identify triggers – The first step is identifying a trigger or what causes your anger in the first place. Once you identify these triggers, you can take steps to avoid the situation. For example, I may decide that my anger is triggered by the fact that someone cuts me off in traffic. What I would do is stop at a stop sign and sit there for 15 seconds without starting my car.

Review your history – The second step is to review your "history." This means reviewing everything that has happened to you in the past two weeks or so; making sure you do not have any triggers going on but also not condemning yourself for anything that has happened in the past.

Separate the facts from the speculation – The third step is to separate facts from speculation. Remember, we cannot control what

we believe to be true, but we do have a choice when it comes to what we act on.

Take an action – The fourth step is to take a clear and simple action that you have decided to take. Don't rush into this decision, but know that you are about to make a decision and it does not need to be perfect right away; practice makes perfect.

Be persistent – The fifth step is persistence. You will no doubt have triggers in your life and you may encounter times when you go back to step one. This is part of the journey, so be persistent, patient and committed.

What happens when you go through all of these steps is that you are learning to control your feelings and experiencing real results with each experience. This means that what once started out as a big deal can soon become something that was just a minor annoyance.

If you can master this, you never need to be angry again!

Psychology aims at studying human behavior, thoughts and feelings. It is a scientific study that focuses on how the human mind works.

Anger is also a natural response to physical, emotional and mental pain. It can occur when people feel they have been boxed to a corner, when people feel rejected or when people feel a sense of loss.

Anger is an emotional feeling associated with chagrin, vexation, exasperation, aggravation, rage, antagonism, resentment, umbrage, etc.

Although it's been cited that anger is as a result of pain, it is also nice to note that pain alone does not cause one to be triggered. A mixture of pain and thoughts, negative thoughts could trigger anger.

These negative thoughts might come in form of the feeling of rejection, feeling like you have failed in life endeavors, feeling that someone or a group of people is actually trying to us you or playing on your intelligence, injustice, disrespect, misinformation, lying, violation, abusive languages, physical threat and many other factors.

Anger can also be seen as a social emotion in the sense that you are sometimes forced to react to the person or thing stressing your emotions. Your reactions might be tilted to the good side or bad side

Anger can also be seen as a substitute emotion. This means that people can

use anger to mask pain, so instead of dwelling on the pain, they choose to redirect their focus and this can be done consciously or unconsciously. Pain has the ability to make people feel vulnerable, in a bid to feel in charge and create an imposing atmosphere, they tend to hide under the guise of anger.

Another point that proves that anger is s substitute emotion is the fact that people sometimes choose anger to hide the fact that they dread a situation and it scares them silly.

A parent doesn't always mean someone who has given birth to a child. Judging from the definition that we mentioned before, because a person cares for another person, they can be called a parent.

The Solution Is Within You

There really are no easy answers to solving problems like anger management, but if you're not willing to do the hard work on yourself then you will inevitably continue to struggle with anger and frustration because there is no working around the fact that you are a self-centered individual who refuses to understand how much they contribute to their own unhappiness. If this sounds like something that is true about you, then it's time for a change. When I changed how I thought, it was contagious and almost magically improved every aspect of my life.

In addition to using self-help books in order to control your anger, you can also attend therapy or work with a specialist in learning techniques that can help you understand how your mind works.

One of the primary reasons that anger management is so difficult for so many individuals is because they refuse to take responsibility for their lives. If you don't take responsibility for your situation, then it makes it that much more difficult to find an effective solution.

In order to control your anger, you must also learn to control your feelings. Not all of us are strong enough to immediately handle anger issues when they first arise, but working with a therapist or specialist can help you understand how your mind works and how you can deal with your emotions more effectively.

Progressive Muscle Relaxation

If you are feeling angry, it can be helpful to take 10 deep breaths with your mouth closed and focus on your breath. Progressive muscle relaxation requires taking a few seconds for each muscle group to relax completely before moving onto the next one. As you do this, pay attention to what thoughts or feelings are surfacing in your mind so that you can work toward self-compassion instead of judgement.

This systematic process helps you give yourself the time and space needed to fully experience emotions without overreacting or becoming hypercritical. Acknowledging the thoughts and feelings that may be present is an important part of emotional regulation. Self-compassion in this context means being kind and accepting toward yourself for what you feel, not judging or getting stuck in blame.

According to Rachna Dhamija, founder of Dream Yoga, a statement like "I'm angry!" could be a sign that you are practicing healthy anger management techniques instead of unhealthy ones such as overreacting or reacting inappropriately.

The purpose of this exercise is to facilitate a relaxation response by using repetitive thoughts to focus your mind on the process instead of worrying about the anger. As you go through each muscle group, picture yourself letting it relax as you take deep breaths. Repeat this process until you feel the muscle is relaxed and let your body be at peace. Start with your toes and work all the way up to your head:

When you reach your fingers, close your eyes and let them relax completely for 10 or more seconds. Focus on taking deep breaths that expand belly while contracting chest, trying to stay in tune with a steady breath.

When you close your eyes after this exercise, try to notice what happens. Is your mind in a relaxed state? If it is still racing, try 10 deep breaths again before moving on to the next level of muscle relaxation.

Repeat the exercises listed above for each one of the following muscle groups:

Maintaining a relaxed state during the exercise can be difficult for some people. It can be helpful to start with smaller muscle groups and work up to a bigger challenge when you feel more comfortable with progressive muscle relaxation as an anger management tool.

Once you have mastered this technique, you should try to practice it every day. If you find that you are getting frustrated with the process, it is okay to space out your sessions. Practicing a proper mental technique for managing anger on a daily basis will help you build a healthy approach to anger management techniques.

People who practice progressive muscle relaxation regularly can see benefits including increased memory and concentration. It can also improve sleep quality and lessen the effects of stress and anxiety so that many people who practice this technique report feeling less angry overall.

The idea of this relaxation exercise is to help you focus on the physical feeling of letting go. The goal is to notice the difference between holding tension and letting go. This feeling is an exercise for your body as well as your mind.

Deep Breathing

Anger is a natural emotion. It can help you stand up for your rights, provide moral support to others, and even be protective of yourself. However, when anger is expressed toward people who have done nothing to deserve it, or when anger takes hold of your mind and prevents you from thinking clearly, it becomes destructive.

At the first sign that you are feeling angry about something that doesn't warrant such a strong reaction—take a deep breath. That's right! Deep breathing will allow your body to calm down and avoid an intense emotional response that could harm the health of both yourself and those around you.

Why deep breathing is good for you

Deep breathing is a method of coping with stress, anxiety, and anger. For example, when you are angry with someone, deep breathing can be used to help you calm down and think rationally. You become calmer because the message to the brain is "Calm down! There's no need to get so upset!" And when you calm down, you're thinking becomes clearer! People who use this technique report that they feel much calmer and less stressed after taking several deep breaths.

As a result of using deep breathing at times when you are tempted to get

angry with others, your mind automatically begins to learn ways to manage anger without having it take over your entire being. And your body benefits from less physical tension and heightened heart rate that are normally associated with anger.

Why deep breathing is good for others

Learning to detect the earliest signs of anger in yourself and others will help you respond wisely when anger may be justified and prevent you from acting out. For example, if wrongdoings occur that should be addressed, but instead end up provoking a severe response because the offender was just doing what he or she needed to in order to survive, it will take more time and energy than would have been needed if you dealt with the situation calmly. As a result, both yourself and those around you are probably less happy with how things turned out.

The next time you feel yourself getting angry, use a few deep breaths to restore calm and think clearly. Doing so will help you avoid an explosive response that can harm the ones around you.

Anger may be a natural emotion, but it can be destructive when not managed properly. Don’t become angry on purpose—that’s just ridiculous! If, however, someone or something provokes you to anger, all is not lost: simply refrain from acting out on the situation for as long as it takes for your mind to realize that your body no longer needs its help and return to peacefulness naturally.

Enjoy a happier life by learning to manage the anger in your body and mind. It doesn’t have to be difficult! Just follow these simple steps and get started today.

Visualization

The best way to manage emotions like anger and frustration is by visualizing the positive outcomes.

When you’re feeling angry, frustrated, or annoyed you can imagine positive outcomes that will come from your hard work. This not only helps get rid of negative feelings but can also inspire you to do better in the future. Here are some tips for visualization:

- **Imagine yourself finishing a project at work or achieving a**

personal goal. Make it as colorful and detailed as possible so that even when those thoughts start fading, they still pop up in your mind often enough to keep on track with your goals!

- **If there's a difficult person who tends to put you down (a boss, teacher, etc.), it is very helpful to visualize yourself confronting and defeating that person. Imagine him or her accepting and apologizing for his or her behavior.**
- **Visualize a relaxing day: going on a walk, taking in the sun, feeding the birds in your neighborhood.**
- **A negative experience can be turned around with visualization: think about what you could have done differently to make everything turn out even better.**

Visualizing the positive outcomes is not only a great way to manage anger and frustration but it also helps manage other negative emotions like sadness or fear.

What if you could increase your ability to manage these emotions to make your life far more enjoyable?

The best way to do that is by visualizing the positive outcomes!

By visualizing the positive outcomes, you can train in your mind how to handle negative feelings.

Do you have a hard time getting yourself out of bed every morning?

This morning I heard about a study that may shed some light on the subject. A small group of researchers divided college students into two groups: one group received a "late to bed, late to rise" message and the other received a "get up early" message. The researchers then observed what they did on their own time during the next week and found that those who had been sent the "late to bed, late to rise" message by their peers got up about 20 minutes later than those who had not yet heard the message. It was as if their peers had planted an idea in their heads that helped them justify staying in bed longer.

We are often influenced in small ways by the attitudes of those around us. In fact, peer pressure can be very strong on young people in middle and high school. In this study, it was only a small influence that caused people to stay in bed longer. But what if that influence could be harnessed for the

positive?

What if you could create your own inner group of supportive peers who would help you make more positive choices?

If you could plant your own seeds of inspiration inside yourself, wouldn't it be easier to get yourself out of bed every morning?

That is exactly what visualization does!

Visualization involves creating a mental picture that creates an inspiring dialogue between your conscious and subconscious minds.

When a person visualizes, he or she is basically creating a movie in his mind based on the desired outcome.

This technique can lead to any number of positive outcomes: better grades, greater success in sports or business, getting that promotion at work, getting the special bonus you deserve and many other things.

I'm sure you've heard people say that our thoughts are powerful. Well, this is true! The power we give to our thoughts is truly amazing! We can choose how to think about ourselves and our lives and what we turn those thoughts into results in our life.

For example, let's say you have less than an hour to complete your homework before class starts. If you think about how impossible it is and how tired you are right now, chances are good that you'll end up procrastinating and getting your work done at the last minute.

But suppose instead that you decide to visualize yourself finishing your homework right on schedule and then go to your next class feeling great about the fact that you're well prepared for what's ahead!

Research shows that visualization helps manage emotions by reducing stress and boosting our ability to concentrate. In addition, visualization increases our level of commitment. As we visualize something positive, we naturally tend to move towards it, believing in it and visualizing it as a reality.

When we make a goal in our mind, the goal is then real to us. It is more than just an idea. And although you may not be able to reach that goal this time or next time, a vision of reaching it gives us confidence that we are heading towards success.

Here are some of the best visualization techniques you can use:

- **Visualize your mind as a safe place that's filled with peace and calmness.**
- **Visualize using your own words to speak your goals out loud and make them verbal reality.**
- **Visualize moving towards the goal that you've chosen. As you do this, become harder to reach as if it's an inevitable destination.**
- **Picture communicating with a trusted person who is well informed about your goals and dreams.**
- **Imagine visualizing success in front of a crowd just like you see in sports playoffs or a concert. Say your goals out loud to yourself or make other people who can hear them say them out loud...Go on the internet and look up how to communicate with the audience of your dreams!**

It's very easy to see that our thoughts are not just limited to goal setting like having more money or being happier in life. Our thoughts also create and reinforce habits, which can then make us achieve anything that we set our mind on.

There have been many studies done in regards to visualization and positive thinking. One study was done by a group of researchers from the University of London who looked at the effects of positive visualization on symptoms of depression. The researchers assured that the experimental group was not able to learn any new information and that it may actually be difficult to change the current thinking in order to bring about positive results. However, the research concluded that this type of visualization did work when applied correctly.

When you start visualizing this way, it is important to keep in mind that positive thinking is more than a concept or a goal. It's a way of living your life by bringing about your own vision into reality.

If you've never practiced visualizing before, I highly recommend starting with short term goals only because visualizing can be very intense at first. You should also try to visualize and engage in positive thoughts before going to sleep at night. This is the best time for our subconscious mind to absorb new information as it's the most relaxed and receptive.

Visualizing does work, but it’s a lot easier said than done! It takes a lot of practice and focus to achieve results. Do not expect to practice visualization just once or twice before you see noticeable results. You need to get good at visualizing by committing yourself each day until you reach your goals.

By focusing on what you want in life, your subconscious mind will naturally produce positive thoughts that will help you make changes in your life. It is crucial to visualize your goals all the time–even when you’re not thinking about them–to make sure that you’ve made them a part of your life.

Visualization is a very effective technique for creating positive change in your life. It takes commitment and consistency, but if done correctly can help you achieve any of your goals!

Meditation

You’ve probably heard the phrase, “Anger is a gift.” Do you agree? Or as some might say, do you think that anger is an ugly feeling that must be conquered and controlled? There are different opinions on this one and many people choose to live in harmony without being affected by their emotions. Meditation is a practice based on tranquility that can help relieve stress. It’s been found to improve our mental state and mood along with helping us better control our perspective. So, what are you waiting for? Why don’t we give it a try today?

Meditation has been found to help people better control their emotions like anger, fear, guilt, sadness and anxiety which can affect your mood greatly. Knowing what triggers your emotions is a great start and then it will become easier to meditate when feeling angry. You can try to take a step back from the situation and ask yourself the following questions: What is the trigger for my anger? Why do I feel this way? Is my anger helping me right now? If not, then what are some other options to help me deal with this situation?

If all else fails, you can try meditating on your breathing. Breathing in through your nose and out through your mouth may help you relax since it’s calming and allows you to focus on something different than what made you angry. Or as others say, breathe in hatred and breathe out love

towards others. Take easy breaths and focus on relaxing your body while you breathe deeply in and out.

Here are a few other tips:

Use a timer or watch to set up a meditation session.

Consider your choice of music, lighting and accessories. Selecting the right atmosphere can be helpful in keeping your mind focused on what you want it to do. Choose calming music to set the mood; choose soft lighting for comfort during meditation; avoid distractions like TV or phone by turning them off or placing them far enough away from yourself; and don't wear anything that may distract you during your practices. You can even meditate with friends by playing different meditative styles like Tai Chi and Qi Gong together on the same room's DVD player.

Keep your mind focused on something positive.

Don't let negative thoughts distract you from what you want to achieve during your practice. Feelings of anger, resentment or jealousy can be magnified depending on whether or not they are accompanied by a feeling of rage, sadness or jealousy. It's easy to get caught up in your feelings and lose control of them, so try to avoid the triggers for negative emotions and remember to stay positive instead.

Meditation may help you overcome anger without obsessing about it. However, there are two important things that must be kept in mind before embarking upon an angry meditation: "Anger is a gift" and "Don't get angry". If you try to meditate on your anger, you will get angry in the end. If you get angry in your meditation, then just forget about it because attacks of anger are not what a meditation is about.

However, if you think that it is possible to meditate on anger without getting angry or that anger should not be a concern for the meditator, then this is for you. You may consider reading the following:

You may know that anger can cause so many troubles and hurt others as well as yourself. It is a problem because it can cause many feelings and thoughts if not controlled and one of them is anger. We often say that we can't be angry because we have to control it. But the fact still remains, anger consumes the mind. Let us see how we can control our anger without being controlled by it.

Anger is just an emotion; it does not make things happen but people do

things with this emotion and sometimes worse than what really happens. It makes people to act in a silly manner like smashing or cutting something which they do not have to so they end up in pain with all the stuff that they have broken or cut. It is not difficult to get rid of all the problems; just learn how to control anger.

An angry person is one who lacks self-control and wants others to act as per his or her demands. If anger becomes a habit, we will always see it in our life and that too in many forms like beating up someone, shouting at someone, screaming at people or even killing someone. This kind of behavior leads to a very bad way of life for everybody and most importantly it harms them in the end.

When we hate someone, we tend to be very angry and in this way the emotion of anger destroys us because they are not positive people but they draw us into a negative cycle which makes us howl at the moon for days. If we practice meditation and bring peace in our life, we can be free, happy and transform anger into love.

Practicing yoga or meditation is one of the ways to bring peace in our life and it works like a charm. People who have tried it always say that there is no other way of living which can help you get rid of anger for good like this does. Anger is a very negative emotion which makes you feel bad about yourself and ruin your entire life but if you want to bring change in your life, just start with simple steps to learn how to meditate.

If you have been struggling with your anger problem, you may want to try the technique of meditation to help you control your anger and reduce its habitual effects on your life. Try learning some breathing techniques that can help you calm down and focus on something other than your anger. The first thing that you will have to do is learn how to breathe properly so that you can calm down and keep yourself under control at all times.

Meditation is not just a way of living but it is a way of living peacefully with everyone in this world. It has been practiced since ages for various reasons like increasing concentration, controlling thoughts, reducing stress etc.

In short, there are various ways to deal with anger but meditation is the best way to do so. Get some time in your day schedule and start meditating them because they will not harm you and will even help you live a peaceful life with everyone in this world.

Other Tips to Manage Anger

Sensory Deprivation Exercise - Don’t think about anything painful for 15 minutes when you are under stress or angry. This exercise helps to reduce anxiety by blocking out troublesome thoughts. It is also helpful to increase your tolerance for pain, as well as improving your immune system. You can relieve the effects of overthinking by going on a walk or doing some light aerobic exercise. The stress and anxiety that you experience from hurtful memories has a biological basis in the brain, and it’s not caused solely by thinking about those memories. Therefore, you can’t just think about other things and eliminate the effects of hurtful memories. By exercising or walking regularly, you can change how your brain responds to painful memories so that they do not cause such a strong emotional response any more.

Watch TV - When you experience anger, turn on the TV and watch a funny show. However, before you turn on the TV or start watching a comedy, I want you to think for one minute about something pleasant in your mind. This exercise is extremely effective at reducing anger and depression because instead of thinking about your problems, you are diverting your attention to something that will make you feel happy instead of depressed.

Sri endeavors Ravi Shankar says that we should watch television when we are feeling angry. Don’t talk about what made us angry; just divert our attention by watching a sitcom or some television until we calm down. In my experience, this is actually extremely effective in reducing anger because we don’t have to think about the painful feelings that made us angry.

Say it out loud - Say something nice about yourself, your family or people you know. For example, if you are angry at your mother because she always forgets to do things like go grocery shopping or buy you a present for a birthday, say something nice about her and visualize her doing what she forgot to do. This exercise is extremely helpful in increasing our tolerance for pain, as well as improving our immune system. The next time you get angry at her, say something nice before talking to her about what she forgot to do.

Go for a walk - When you are angry, go for a walk and think about what is making you angry. At the same time, visualize yourself happy without being angry. Or, think of three other scenes that would be pleasant to see instead of what made you upset in the first place. However, before you start walking and thinking about your problems on your way to work, I want you to think about something pleasant in your mind for one minute. This exercise is extremely effective at reducing anxiety by blocking out worrisome thoughts. It is also helpful to increase our tolerance for pain and improve our immune system.

Journaling - This is a technique that you can use to calm down after you get angry. Just put down everything you are thinking about when you are angry. Then, rip the paper up. Why should we do this? By getting rid of our thoughts on paper, we can think about something new instead of what made us angry in the first place. Also, ripping up our thoughts on paper makes us feel better because it tells us to not think about these painful thoughts anymore.

Self-Hypnosis - In self-hypnosis, the practitioner guides his/her patient into a state where they are able to relax and visualize their body changing shape or size. It can also be used to relieve pain and mental stress.

The 4-7-8 Breathing Technique - This is an effective relaxation technique that was developed by Dr. Herbert Benson, MD. It is most effective for stress and anxiety caused from hurtful memories.

Listening to Music that Relaxes You - Music can increase your feelings of relaxation because it usually has a very soothing effect on the body and mind. Some music that relaxes can include: Relaxation Music – Relaxation is a powerful psychophysiological method for altering brain waves as well as other physiologic functions in the body. The ultimate goal of relaxation is to induce a state of deep rest and mental clarity, which leads to increased feelings of relaxation. I have found this type of relaxation technique very effective when I am feeling angry or anxious.

Ashtanga Yoga - Ashtanga literally means “Eight-Limbed Path” and refers to a specific type of yoga that has eight limbs or steps. This regime is designed primarily for individual practice rather than group classes. It was popularized by Sri K Pattabhi Jois, who began teaching in Mysore, India in the 1940s. There are several styles and lineages around the world today that teach aspects of Ashtanga yoga asanas (postures). Yoga - In yoga, we

learn how to relax by practicing different types of yoga and breathing exercises. Yoga postures are meant to stretch and strengthen the body. Yoga breathing exercises help us to calm the mind and achieve a more relaxed state of being.

The Importance of Anger Management

Do you ever feel like you are boiling inside? Do you feel frustrated, angry, or sad? If so, your body may be sending out signals of an impending fight-or-flight response. While these reactions are necessary for natural survival in certain situations, they can have a negative long-term effect on the body as well as on the individual's relationships. The improper management of anger can lead to physical and psychological disorders that inhibit one's ability to live life fully. Now is the time to learn how to manage anger in healthy ways that will help improve your mental and physical health.

How to overcome anger? There is no easy answer to this question. It's time you learned how to overcome your anger. You can do this by learning how to deal with your anger.

Overcoming anger means learning how to deal with it in a healthy way instead of letting it rule your life. A person who is able to manage their anger and learn positive ways of dealing with it, will be more likely to live a happier life, and this is something we all desire as human beings.

The best thing you can do when dealing with your anger is keep yourself calm, relaxed and collected at all times. This way you will be better able to think clearly and act sensibly in the face of anger. It's important to remember to breathe easily at these times. You'll find that this will slow your heart rate, which is an important step in maintaining your calmness.

Choose Your Words Carefully When Dealing with Your Anger:

When dealing with your anger, it's important that you choose your words carefully at all times.

Remember that how you deal with your anger, is probably going to change over time. If you find yourself feeling angry and frustrated, it's important to learn how to deal with it in a way that doesn't harm yourself or others.

- **Avoid all forms of stress.**
- **Try to identify the cause of your anger and take action in order to resolve it.**
- **Practice a healthy lifestyle.**

- **Learn about anger management techniques that can help you to overcome your anger and live a happier life.**
- **If you feel that you suffer from anger issues, then it's important for you to seek the advice of a qualified professional in order to deal with the issue properly. You could also try an online course on overcoming your anger. This will be a good way for you to learn how to manage your anger effectively and effectively so that it doesn't harm yourself or anyone around you.**
- **Try to learn more about yourself.**
- **Avoid any forms of alcohol and drugs that can trigger your anger issues.**
- **Get plenty of rest and sleep well at night.**
- **Practice positive thoughts when dealing with your anger so that it doesn't control you or make you do things that aren't in your best interest.**

In addition, if you find yourself with too much stress in your life, it is important for you to seek out ways of dealing with this stress so that it doesn't control your life in a negative manner. For more information on how to overcome your anger problems, then it is important for you to read the following:

The Importance of Managing Anger

In order to learn how to deal with your anger, it's important for you to learn about this issue in detail, and you should take time out of your day to do some research. When you find everything, you need about managing your anger, then the process of learning about anger management will be a lot easier.

It's important for you not only to learn how to deal with your anger, but also, it's important for you to learn the tips and tricks that other people have used when they were trying to deal with their own angry feelings.

By learning how other people have dealt with their anger issues, you can see if these methods are something that you can use in your own life so that you can deal with your own angry feelings.

If this happens on a regular basis, then it's going to make it even more difficult for you to cope with your anger problems and will be likely led to

an increase in the amount of stress that you'll experience.

stress, anger, and depression are all interrelated to a certain extent. When you are experiencing a lot of stress in your life, it's also very common for you to feel depressed and even angry in some cases.

If you find yourself feeling angry because someone has insulted or hurt your feelings on a regular basis, then it's important for you to learn how to cope with these feelings in a proper manner. You can learn more about managing anger in this manner by reading the following:

When you feel angry because someone has insulted or hurt your feelings on a regular basis, then it's important for you to learn how to defeat these feelings. You can learn how to deal with anger, and other negative feelings, by taking time out of your life and doing some research.

- **Learn how other people have dealt with their anger issues, and find out if this is something that works for them. If so, then it's most likely going to work for you as well.**
- **Learn how to manage your anger in less than a few seconds. When you're trying to deal with your anger, it's very important for you to learn how to quickly and easily manage it in the shortest amount of time possible.**
- **Before venting your anger, consider the emotional damage that it would cause others if you do this. It's also important for you to understand when to hold back on venting your anger as well.**

There are a lot of ways that angry feelings can be managed, but when dealing with these issues in a proper manner is something that is not easy at all. When you want to deal with your anger problems, the best thing that you can do is to learn how to manage it in as short amount of time as possible.

These people will be able to show you how they have coped with their anger, and can also help you realize that it's something that's going to be easy for you to handle as well.

When dealing with your anger problems, it's very important for you to find out what causes them first before deciding on a course of action. When you get to understand what is causing your anger problems, it's going to be very easy for you to start eliminating them altogether.

If you're trying to figure out where the root of your anger problem is, then one good place that you should begin looking for answers is from the people in your life. You can start by asking them about what they think has been causing your anger issues, and by listening carefully to their responses, this will give you a much better understanding on what needs to be addressed.

Ultimately, dealing with your anger in a positive manner is something that's going to take some time. Remember, you can't expect to deal with your anger problems by just deciding to go ahead and try a new kind of exercise program. It's very important for you to get the right kind of support as well.

The one thing that most people don't realize is that this type of problem is something that's going to be easy for anyone to deal with, all they have to do is make an effort and believe in themselves. When it comes down to dealing with your anger issues, there are actually things that you can do right now which will help you deal with them sooner than later. If you're ready to become a better person and get rid of your anger, then read on!

The first thing that you need to do is spend time identifying what exactly got you angry.

For example, saying something like: "I just realized that while I was in the grocery store, I was so angry because there weren't any bananas. I have to have bananas, or else I will be so angry all day".

To help you identify the problem, try doing that exercise at least once a week for about a month. Make sure to write down how you feel when this happens every time it happens.

Okay, now that you've started doing the exercise, it's time to figure out which emotion you were feeling when the situation happened.

Was your anger caused by a feeling of fear? This is a common emotion for people who are dealing with anger problems to have.

Fear of being yelled at by their boss or teacher – "Why does my manager always look angry when he comes in through that door?"

Fear of failure – "I'm going to fail this test if I don't do something about it".

Fear of getting rejected -"She'll never go out with me because she's too beautiful".

Fear of being lonely – “I’ll never meet anyone if I don’t get online and start searching”.

Fear of uncertainty – “What if I get sick and can’t pay my mortgage?”

It’s important for you to learn how to deal with your anger issues in a positive manner, and when you’re learning how to do this, it’s also very important for you to take some time out of your day to relax as well. When it comes down to dealing with your anger issues, it’s going to be a lot easier for you if you just take the time out of your day and relax.

When dealing with your anger problems, it’s very useful for you to learn about the techniques that other people have used in the past. Not only will this help you to learn how to manage your anger effectively, but it can also help you to understand that it’s something that other people have been able to deal with in a positive manner as well.

Just remember that you can’t expect to deal with your anger problems by just deciding to go ahead and try a new kind of exercise program. It’s very important for you to get the right kind of support as well.

If you feel angry because someone has insulted or hurt your feelings on a regular basis, then it’s important for you to learn how to deal with these emotions. By learning how to deal with anger, and other negative feelings, you can do this in a much more effective manner than by doing nothing at all. Before you do anything else, there are some things that it’s important for you to know about.

- **You should avoid engaging in any forms of activities which can cause you to feel angry or frustrated.**
- **You should attempt to deal with your anger as quickly as possible when it arises.**

Conclusion

Many people carelessly dismiss their anger, believing it will simply go away on its own. But anger can often linger, smoldering for hours and even days before flaring up again in a different situation. You may have noticed that the more you try to ignore or suppress your anger, the more it slips out of control.

Anger is a highly combustible emotion, especially if you have experienced some type of trauma or abuse. It can be difficult to control your anger

without venting to a counselor or friend.

Anger is like a fire that rages out of control. It can be difficult to get started, but once it starts, you have to do something quickly or it will soon consume everything in its path — your life and happiness included.

If anger feels like a problem for you or someone you love, reach out for help from friends and family members as well as professionals dedicated to aiding people with this problem. You deserve success and happiness. And, you can achieve these things by overcoming the anger in your life.

This guide contains a number of proven strategies for turning the tide on anger and reducing its effects in your life. It includes both practical and spiritual wisdom. Use it to make a positive change in your life today!

An effective way to control anger is to let the feelings run their course without trying to force them. Another method that works is using distraction techniques such as planning a relaxing activity or thinking of something else. The most important step is not letting negative emotions build up so that you don’t get angry again. Learn what you can do to stop anger before it starts.

There are also ways to manage your anger so that you don’t get upset unnecessarily. If you would like to learn more about proper ways to deal with your emotions, read on.

An anger management course can help you deal with negative emotions and overcome anger problems. This type of therapy helps improve a patient’s ability to manage their own behavior. That includes how they react to people and situations that affect them.

Anger has many different faces, like frustration, annoyance, resentment, embarrassment, embarrassment and much more. Anger can be very powerful in your life as they are often violent and even fatal for some people. It is important for you to know when you are being angry in order to stop it from destroying everything around you.

It is important that you learn what is causing your anger so that you can communicate with the other person in a way that will work best for everyone involved. You can use your anger to have a positive effect, but you must be careful how you handle it.

There are ways that you can help yourself learn how to deal with anger and let go of the negativity in your life. The following are some methods for

controlling your emotions and making yourself feel better in times of stress.

Anger management techniques include becoming aware when one is feeling angry, not acting on one's anger or walking away until it subsides and other proven methods. By controlling emotions, one can prevent anger from interfering in his or her life and relationships with others.

Anger management therapy is a practical solution to dealing with anger issues. It helps improve a patient's ability to manage their own behavior, in order to help them feel better about themselves and the world around them.

One reason many people decide to control their anger is because they know that when it becomes out of control, the consequences can be disastrous. Their family members, friends, and co-workers could suffer as a result. This is true for both the individual and society in general. It's difficult to find someone who doesn't benefit when everyone works together through peaceful means. Negative emotions can cause issues within a social system when people are not able to manage them constructively.

Anger management could be considered the opposite of anger in that it seeks to prevent the negative feelings of anger from occurring. This is done by seeking out constructive ways to avoid or regulate those emotions. This may involve seeking help from friends, family, counselors, astrologers, and psychologists. The truth is that anger management is not difficult or costly to apply since it doesn't require much effort on the part of the individual. It simply involves taking time to think things over when a negative emotion arises and being able to maintain a clear mind while doing so.

Controlling one's anger doesn't mean that you wish harm upon others. In fact, it's just the opposite since you would be preventing harm from occurring. The difficulty often arises when a person doesn't recognize the presence of anger in their own self. This is where awareness training comes into play. It takes time to become aware of the emotions and thoughts that are affecting your behavior. They may take place very quickly and they can be buried very deeply within yourself. Yet they still have an effect on your actions and the way you deal with people in your life. You'll feel better about yourself and learn to gain control over the

way you react when you learn to recognize your anger early on. Anger management is about helping others live happily while also teaching them how to help themselves lead a peaceful life.

The main activity used in anger management is cognitive restructuring to change some of the faulty thoughts that lead to negative emotions. There are some physiological components involved as well. For example, taking time out of stressful situations is a great way to calm yourself down and take a break from the anger-provoking environment. Getting exercise and eating healthfully also have a positive effect on how you deal with negative situations, so you should consider these factors when working through your problem.

There is no such thing as “getting over” that moment where a person becomes angry because there are too many variables involved. Instead, it’s about learning to recognize these emotions and taking the appropriate steps to manage them. These steps will take time but you’ll come to better terms with what anger is, why it bothers you, how you should deal with it, and how to live your life in a more positive manner.

If you are experiencing any type of anger or frustration, remember that this is a very common thing that everyone goes through in their lives. When your emotions are increased because of stressful situations in your life that cause you to feel stressed out and angry; practicing mindfulness techniques or breathing exercises can help you relax and cope with these stresses. Use this resource to help you with coping with anger problems and learn how you can turn things around for the better.

Dealing with anger issues is one of the most difficult challenges anyone can go through. It can cause a lot of distress and leave you feeling depressed and powerless to do anything about it. When your life is in disarray it’s easy to feel like you have no control over anything and that everything just happens. The best thing you can do in these situations is take action to help yourself get back on track.

Anger is a normal human emotion. Whether you are angry with yourself, others, or the whole world, you need to find ways to deal with that anger and not let it consume your life. It’s an unfortunate reality that many people don’t know how to deal with their emotions. Luckily there are resources available to help people make better decisions and improve the quality of their lives. Using this information, you can better control your

anger and what it does to your mind and body.

Anger management isn't just about suppressing these emotions, but also turning them into positive actions that benefit everyone involved. This can be done by learning how different individuals respond differently to angry outbursts, experiencing a traumatic event, or living in an environment where aggression is common place. You will also learn about anger's effects on the body and how to deal with these emotional and physical problems.

It's important for people to understand what anger and how it affects their lives, so they can gain control over the negative feelings that accompany this emotion. If you experience anger in your life, you may want to read this book as soon as possible because it may be able to help you make some positive changes.

Some people use their anger to fuel their passions, but this can lead to harsh words and physical altercations. Diversion is a great way to let out your emotions in a constructive manner. This will allow you to achieve your goals without harming anyone or putting yourself at risk of getting hurt. There are many different types of diversion activities that you can use that are effective and fun as well as healthy for the mind, body, and soul.

To conclude once a person understands the facts about anger then they will be ready to make changes in their life that are going to improve the quality of their life altogether. When a person has strong anger management techniques, they will be able to control their emotions instead of being controlled by them.

Thank you for reading!

CBT

A Guide on Overcoming Social Anxiety Symptoms, Depression, and Panic. Tips and Tricks to Retrain Your Brain and Skills for Cognitive Behavioral Solutions and Self-Development

Introduction

A guide on overcoming social anxiety symptoms, depression, and panic. Tips and tricks to retrain your brain and skills for cognitive behavioral solutions and self-development and thank you for doing so. With the increasing struggles in life, stressors are becoming common, leading to the rise of chronic health conditions such as depression and anxiety. By downloading this book, you have taken the first step towards learning how to cope with anxiety symptoms. The information that you find in the following chapters is very important as it will help you to take control of your life immediately and become a healthier and stronger person.

To that end, this book discusses the various symptoms of anxiety, depression, and panic attack as well as the treatments. People who suffer from anxiety show withdrawal symptoms from situations that have triggered anxiety in their past. The book will concentrate on social anxiety; however, it covers a comprehensive understanding of anxiety in general before we delve into social anxiety. It further addresses the symptoms of panic and depression and provides an overview of how depression and anxiety are related. An interesting concept covered in this book is the integration of cognitive-behavioral therapy in the management of these conditions. With this knowledge, you will be able to learn how to cope with symptoms of anxiety.

There are plenty of books on this subject in the market, thanks again for choosing this one! Every effort was made to ensure it is full of as much useful information as possible. Please enjoy!

Chapter 1: Social Anxiety, Depression, and Panic – Causes and Symptoms

“Anxious,” “depressed,” and “panic attack” are words often used in everyday jargon. Exaggerated panic attacks or depressions and anxiety always make great comedy, it may seem, but individuals with the actual conditions breath into paper bags and show a total loss of control over everything. The symptoms of these three conditions are always frightening, sudden, and difficult to control.

Loved ones and other close relations in your life can be a great source of support when you suffer the symptoms of panic, anxiety, or depression if they understand what these conditions mean and how they can support you. In this chapter, we are covering each of the conditions as well as the signs and symptoms.

Social Anxiety and Its Symptoms

Anxiety is often a natural, healthy emotion. However, when a person feels disproportionate anxiety levels regularly, it might shift to a medical condition. Anxiety disorders form a great percentage of mental health diagnoses that lead to excessive fear, worry, nervousness, and apprehension. It is estimated that up to 15 million people in the United States suffer from social anxiety following specific phobia.

What Is Social Anxiety?

The American Psychological Association (APA) defines social anxiety as an emotional experience that is characterized by worrying thoughts, tension, fear, and physical changes in social situations. For instance, presenting a project in the classroom or before your colleagues may cause feelings of fear, embarrassment, anxiety, or self-consciousness because of the fear that other people are scrutinizing you.

When you have social anxiety, you will feel the symptoms of fear or anxiety in every social situation such as dating, answering questions in class, meeting new people, or going for a job interview. Doing things in front of people may also cause anxiety; these may include eating or

drinking in front of others, or going to a public washroom. The fear developed in these situations is always so strong that individuals do not have the ability to control.

Individuals with social anxiety disorder also adopt avoidance behaviors because of anxiety and fear symptoms. Severe stress can affect their normal activities and daily routine at home, work, or school. Although it is a chronic health condition, coping skills in medication and psychotherapy can help to overcome the symptoms of social anxiety.

Symptoms of Social Anxiety

Some of the common signs of social anxiety include anxiety, fear, and avoidance of certain situations, which may interfere with daily routine and other important activities. Social anxiety always begins in the early stages of growth and development, though it may start in children or adults.

Emotional and Behavioral Symptoms

Some of the signs and symptoms of social anxiety include:

Developing fear in situations that you believe you may be judged

Being worried about humiliating or embarrassing yourself

Fearing that other people will notice that you are anxious

Fear of physical signs such as blushing, trembling, sweating, or shaky voice that may cause you embarrassment

Avoiding situations that might make you the center of attention.

Enduring a social place with anxiety and intense fear

Avoiding doing things like speaking to people because of fear of being embarrassed

Always expecting the worst possible effects from negative experiences

Children who have anxiety when interacting with peers or adults show different signs such as crying, clinging to parents, having temper tantrums, or refusing to speak in public.

Physical Symptoms

The physical signs that accompany social anxiety include:

Fast heartbeat

Sweating

Trembling

Blushing

Nausea or upset stomach

Lightheadedness or dizziness

Trouble catching breath

Muscle tension

Feeling that the mind has gone blank

Causes of Anxiety

Similar to other mental health conditions, the symptoms of social anxiety arise from interactions of environmental and biological factors, which may include:

The structure of the brain – The brain's structure, the amygdala, plays a role in controlling our fear response. Individuals with an overactive amygdala may develop a frightening fear response to every situation, causing anxiety regularly.

Inherited traits – Anxiety disorders are also associated with family lineage. However, it is not clear how much this relates to genetics or due to learned behavior.

Environment – People can learn social anxiety within their surrounding environment. Some may also develop the symptoms after an embarrassing social phenomenon. Also, there may be a linkage between social anxiety disorder and parents who control or overprotect their children or parents who model anxious behavior in their children.

Risk Factors

Several factors are associated with the increasing risk of social anxiety, including:

History of the family – You are at high risk of developing social anxiety if your siblings or biological parents have a similar condition.

Negative experiences –Children who have experience with bullying, teasing, rejection, or humiliation are prone to social anxiety. Additionally, other negative life events such as physical abuse, trauma, or family conflict may result in social anxiety.

Temperament – Children that are withdrawn, restrained, timid, or shy

when facing people or new situations are at high risk.

New work or social demands – Symptoms of social anxiety disorder may start from the teenage years, but having to present in public or meeting new people may trigger the symptoms.

Having a condition that draws attention – If you stutter, or tremor, or have a facial disfigurement, you may have increased feelings of self-consciousness, which may trigger social anxiety disorder.

Depression and Its Symptoms

Feeling down more often is very normal, but when you start developing emotions such as despair and hopelessness that won't go away, you may be suffering from depression. The condition changes the way people feel, think, and function every day. Depression can affect your daily routine, including work, sleeping patterns, ability to work, and your chance of enjoying life.

While many people describe depression as a feeling of impending doom or "living in a black hole," others view it as a feeling of apathy, emptiness, and lifelessness. If you feel the symptoms of depression but do not seek treatment, it would become a serious health condition. But you should keep in mind that feelings of hopelessness are just symptoms and not the reality of the condition.

No matter how hopeless you may feel about depression, you can always recover from the condition. By understanding the symptoms and causes of depression, you can take the first step to overcome the problem.

The Common Symptoms of Depression

The ten common symptoms of depression are:

Loss of interest in daily routine – You will find yourself not caring anymore about your hobbies, social activities, pastimes, or sex. Depression will make you lose your ability to enjoy life and feel pleasure.

Feeling of hopelessness – When you have depression symptoms, nothing will ever look better to you, and there is nothing you can do to improve the situation.

Weight or appetite changes – With depression, you can either gain or lose weight significantly. This change could be up to 5% or even

more within a month.

Sleep changes – Depression can cause insomnia, especially when it comes to waking up early in the morning. Sometimes you may experience oversleeping.

Irritability – Most people who suffer from depression feel agitated, restless, or even violent. You will always have a low level of tolerance, short temper, and everything that happens will get to your nerves.

Loss of energy – Depression symptoms make you feel sluggish, fatigued, and physically drained. You may feel that your body is heavy, and will suffer from exhaustion even when doing small tasks.

Self-loathing – You may begin to feel worthless or guilty. Depression can make you criticize yourself for mistakes or perceived faults.

Reckless behavior – Depression can make you engage in escapist behaviors such as compulsive gambling, dangerous sports, substance abuse, or reckless driving.

Concentration problems – When you have depression symptoms, you will find it challenging to focus, remember things, or make a decision.

Unexplained pains and aches – Depression symptoms cause increased physical complaints such as back pain, stomach pain, headaches, and aching muscles.

Depression and Suicide Risk

Depression is known to be a major risk of suicide. The more hopeless someone gets with depression, the more he/she can feel that suicide is the only option left to escape the pain.

If you know someone with depression, take the conversation of suicidal behavior seriously and watch for the warning signs:

Talking about harming or killing oneself

Expressing feelings of hopelessness frequently or feeling trapped

Having unusual preoccupation with dying or death

Acting recklessly such as over speeding, as if they have a death wish

Visiting or calling people to say goodbye

Saying things like “I want out.”

Getting all affairs in order or tying up loose ends

A sudden switch from being depressing to acting happy or calm

Variation of Depression Symptoms with Gender and Age

Depression symptoms vary according to gender and age, with signs and symptoms differing among young people and adults, or men and women.

Depression in Men – Men who are depressed are less likely to admit that they experience hopelessness or self-loathing. Instead, they complain about irritability, fatigue, lack of sleep, or loss of interest in their usual activities. They are also more likely to experience symptoms of reckless behavior, aggression, substance abuse, and anger.

Depression in women –Women with symptoms of depression are more likely to show pronounced feelings of guilt, overeating, sleeping, and weight gain. Depression also impacts women’s hormones, thereby affecting their menstrual cycle, menopause, and pregnancy. In fact, 1 in 7 women currently suffer from postpartum depression, which is experienced after childbirth.

Depression in teens – Anger, irritability, and agitation are common symptoms among teens who suffer from depression. They may also experience frequent headaches, physical pain, and stomachaches.

Depression in adults –Adults always complain of physical rather than emotional symptoms of depression. They complain about memory problems, pains and aches, and fatigue. Older adults may neglect their physical appearance and stop taking medication.

Types of Depression

Depression comes in many forms and shapes. Understanding the type of depression that you have can help you overcome the symptoms.

The 3 common types of depression are:

1) Major Depression

This form of depression is much less common compared to moderate depression and is always characterized by relentless and severe symptoms. Major depression lasts for six months if not treated. While most people

experience a single depressive episode throughout their lives, major depression can reoccur.

2) Atypical Depression

This is a common type of major depression, which has a specific symptom pattern. Atypical depression responds better to certain medications or therapies than others. If you have this type of depression, you are most likely to experience a temporary mood lift in positive situations. Other symptoms may include weight gain, sleeping excessively, increased appetite, and heavy feeling on the legs and arms.

3) Seasonal Affective Disorder (SAD)

In some cases, the reduced daylight hours of the winter season cause another form of depression known as seasonal affective disorder (SAD). This type of depression affects about 1% to 2% of the population. SAD makes people feel completely a different person from who they are during the summer period. They get tensed, hopeless, stress, or sad, with no interest in activities or relations that would otherwise make them happy.

How to Know the Type of Depression You Have

If you feel that you are suffering from a certain type of depression, you must consult a doctor. All the depression types are treatable, and by getting the right treatment, you will be able to overcome the symptoms.

If you haven’t had depression in your life, start by consulting your primary care doctor. Some of the symptoms may be related to the physical conditions that should be addressed. On the other hand, if you have had a depression symptom in the past and think that it might happen again, see a mental health practitioner immediately.

If you consult a doctor, ensure you give as much information about the symptoms you have as possible. You should mention the following:

When you first noticed the symptoms

How the symptoms have affected your daily routine

Other mental health conditions you are experiencing

Any historical information about mental illness in your family

All prescriptions and over-the-counter medications that you have considered

Risk Factors of Depression

Depression can affect anyone, you, or your close relations. It is important, therefore, to understand the several factors that play a role in the condition. Some of the risk factors are:

Genetics – Depression symptoms may run in families. For instance, if your biological mother or identical twin has depression, you may have a 70% chance of suffering from the illness at one point in life.

Biochemistry – The difference in certain chemicals in the brain can cause different symptoms of depression

Environmental factors – When you continuously expose yourself to neglect, violence, poverty, or abuse, you may be vulnerable to depression.

Personality – People who have low self-esteem are more likely to suffer depressive symptoms. In addition, those who easily get overwhelmed with stress and are generally pessimistic suffer from depression.

Panic Attack and Its Symptoms

If you are experiencing a sudden unexplained surge of intense fear and anxiety based on imaginary threats rather than real danger, then you could be having panic attacks.

What Is a Panic Attack?

A panic attack is an overwhelming wave of sudden fear, which comes unexpectedly, and without any warning. The intensity of the strike causes your heart to race at high speed and making you experience shortness of breath.

You might experience a panic attack occasionally, maybe once in a year or you can have recurring episodes. Panic attacks that occur frequently might be triggered by specific scenarios such as being on top of tall buildings or standing in front of a big audience. Such scenarios make you feel endangered and helpless and thus not able to run away. Your body’s flight or fight mode is then triggered.

You may have panic attacks and continue living a normal happy life, or it can signal an underlying disorder such as panic disorder, depression, and social phobia. Whatever the case, panic attacks are treatable and can be eliminated completely or their intensity reduced to enable you to get back to your healthy life.

Signs and Symptoms of Panic Attack

Panic attacks come in a flash and without any prior warnings. It starts very fast and within 10 minutes, you could be experiencing the most intense attack that makes you feel like you are about to die. Some end within 20-30 minutes while other attacks can last even up to one hour.

You can experience an attack anywhere and at any moment of the day. You could be crossing the road, giving out a speech, climbing the stairs, or even watching a movie in your room.

The symptoms of a panic attack include:

Sweating – Experiencing sudden unexplained sweating can be a sign that you are about to have a seizure. Usually, your body responds to overheating by sweating. Extreme heat can trigger the sweat glands to release sweat as a way of cooling back the body temperatures. When having an attack, the glands release sweat making your skin feel clumsy even in cooler temperatures.

Numbness or tingling sensation – This can occur on any part of the body, but the most common areas are the legs, face, hands, arms, and feet. Anxiety associated with a panic attack causes blood to rush to the crucial parts of the body that can aid in flight or fight.

Upset stomach or nausea – You may experience a short episode of nausea or upset stomach during an attack. Your body responds to anxiety in different ways. This could be psychologically or physically. You may experience a queasy sensation and an urge to vomit.

Shortness of breath – You may also experience labored breathing or difficulty in breathing during an attack. Shortness of breath is usually associated with exercise, exertion, or activity but, during an attack, shortness of breath occurs suddenly because of anxiety.

Cold and hot flashes – panic attack causes dysfunction of the hypothalamus. This will cause your body to overheat, resulting in hot flashes. As hot flashes reside, you experience chills and shivering.

Intense fear of dying – the fear of dying is prevalent to people who experience panic attacks. It is also called thanatopsis. The phobia may significantly affect your daily life routine.

Feeling like you are losing control – when you are under attack you feel like you are losing control of your life. You feel like every crucial organ of

your body is shutting down.

Chest pains – you may also experience discomfort in your chest during an attack. This could come in the form of searing pain, a burning sensation, a dull ache that spreads to the shoulders or neck.

Racing of the heart or heart palpitations – attacks cause an irregular, fast heart rate. The rate is usually out of proportion to the level of activity or your age. You also experience different sensations known as palpitations that result in a rapid heartbeat.

Trembling and shaking – you may also experience some tremors. This is an involuntary movement that ranges from small degrees to intense levels. It usually affects the face, legs, hands, vocal codes, or head.

Feeling detached from your surroundings – this is an intense feeling of disconnection from your surroundings. You feel disconnected from your thoughts and body. During an attack, your mental state is altered, and the surrounding environment feels unreal or foggy.

Feeling light-headed dizzy or faint – panic attack shuts down your brain system, and you may momentarily feel dizzy. This can result in an unconscious state.

Sense of impending danger – a sense of impending danger is shared with people experiencing a panic attack. It is brought about by anxiety that comes with the attack. You experience strong feelings and sensations. You may feel like something awful is about to happen or feeling of gloom and doom which you can't quite explain.

An attack will leave you with an intense fear that another attack might occur. You find yourself avoiding situations or places that can trigger the attack. Attacks can significantly affect your quality of life, thus the need to seek remedies ad treatments.

If you have these symptoms, see a doctor as soon as possible. Although the attacks are not life-threatening, they can be quite uncomfortable, and if left untreated, they get worse over time.

It is also essential to seek medical attention in case of the above symptoms because it could be a pointer to other underlying health problems such as an impending heart attack or depression. Get an evaluation from a medical facility if you are not sure of what might be causing the attack.

Major Causes of Panic Attacks

There is no specific known cause of panic attacks. However, the following are factors that can trigger an attack:

Intense episodes of stress – Severe stress that comes with situations such as loss of a loved one, job loss, or divorce can cause a panic attack. As the stress level increases or if it lasts for quite some time, then the chances of getting a panic attack also increase.

Change in the way your brain normally works – When the parasympathetic nervous system fails to work correctly, you get fired up and may experience a panic attack. There are certain regions of the brain that become hyperactive when a panic attack occurs.

Individual's genetics – You may have inherited panic disorders from your close relatives, such as your parents or grandparents. If you are born with the disorder genes, then you stand a higher risk of experiencing attacks at some point in your life.

Having temperament that is likely to suffer from negative emotions – If, you are the kind of person who is timid or cynical, and if you continuously avoid any dangerous situations then you may experience panic attacks.

Substance abuse – drug abuse can result in panic disorder. It will reduce your ability to handle feelings of anxiety, which can eventually lead to panic attacks. Alcohol consumption triggers panic attacks because it causes low blood sugars, increases stress levels, and leads to a high heart rate.

Troubled childhood – if you grew up in harsh environments as a child, then you may experience panic attacks as a grown-up. You might have been exposed to dangerous, life-threatening situations that triggered intense fears. Death, abusive parents, or illnesses can trigger seizures in children.

Adverse changes in your life – negative changes in your life can cause extreme episodes of anxiety which might eventually lead to panic attacks, for example, if you are going through a divorce. Divorce can be stressful. It triggers various mental disorders such as depression, psychosis, which eventually leads to a panic attack.

Financial problems – if you have financial stress then it can cause depression and anxiety. Worrying about your loan payments, medical bills,

credit card debts can weigh you down and cause extreme depression and anxiety, which can trigger panic attacks.

Consequences of a Panic Attack

The consequences of panic attacks, if left unchecked, can negatively affect your life. It also lowers the quality of life you intend to live. You might be forced to live always in fear of when the next attack will occur. It can also lead to one or more of the following complications:

Fear of social situations or agoraphobia – You tend to avoid certain places and situations because you believe they might have caused a previous attack. You may also start avoiding areas where it offers no easy escape in case of an attack.

Anxiety disorders and depressions – It can lead to feelings of worry and depression. You find it difficult to relax and lead a healthy life. You are always tense because you fear another attack can take place any at any moment of your life.

Having suicidal thoughts – Panic attack can make you feel hopeless and at a loss. The fear of dying during an attack can cause subsequent suicide attempts. If you experience any thoughts of suicide in between attacks, then it is wise to seek help.

Problems at workplace – Attacks have adverse effects in every sector of a person's life, including work. You are less likely to experience job satisfaction. Your job performance will eventually get a hit, and worse, attacks can hurt your relationship with your colleagues and peers. Your morale, confidence, and enthusiasm are negatively affected by the attacks.

Drug abuse – You may resort to substance abuse or alcohol consumption to offer you a momentary relief from panic attacks. However, drug abuse increases your chances of getting a strike. Substance abuse leads to anxiety disorders which causes panic attacks.

When to Go to the Hospital?

A panic attack is generally not considered life-threatening. However, symptoms accompanying an offense such as chest pain, racing heart,

shortness of breath and intense fear of dying can be quite alarming. Experiencing an attack can cause you to rush to the hospital fearing for your life.

It is important to note also that panic attack symptoms resemble those of other life-threatening conditions such as heart attacks. It is therefore advisable that you seek medical attention if you find yourself in the following situations:

If it is your first time experiencing a panic attack, then go to the hospital. Symptoms of panic attacks have the same semblance with signs of serious problems such as collapsed lungs, blood clots, or heart attacks. Heart attack symptoms include high blood pressure. It is essential, therefore, to have a doctor examine you for these other life-threatening conditions.

If your panic attack has lasted for a much more extended period. Usually, panic attacks recede within 30 minutes. Once an attack occurs and you do the necessary steps to calm it down like taking deep breathes, exercising, or lying down, it should be able to pass in a short period. However, if it persists for over 30 minutes despite taking the necessary measures to calm it down, then it is time to go to the hospital.

If you are suffering from other heart diseases, then you need to rush to the hospital at the onset of a panic attack. Panic attacks can easily trigger heart attacks. It is essential to have your medical provider examine you for any form of a life-threatening condition that may accompany panic attacks.

If you have had prior attacks, then you are familiar with the symptoms accompanying them. However, if you are exhibiting strange symptoms during an attack, then it is advisable to seek medical attention. Unusual symptoms may be a sign of other underlying life-threatening conditions. If the symptoms are different or are more intense and don’t seem to let up, then go to the Emergency Room and ask for help.

What Happens at the Hospital?

Once you go to the hospital, the following will take place:

Several tests are carried out to rule out heart attacks or any other severe conditions. The criteria include EKG, chest X-ray, and blood tests

Your doctor may give you relaxing drugs

You will be examined for panic disorder

You will receive the right treatment for the disorder

Differentiating Between Panic Attack and Anxiety

Because of the similarity in the symptoms of panic and anxiety attacks, it is always difficult to tell the difference between the two conditions. Here are some tips that can help you differentiate both:

Panic attacks always occur without any trigger, while anxiety is a response to a threat or a perceived stressor.

The symptoms of a panic attack can be disruptive and intense and involve a sense of detachment. Anxiety symptoms, on the other hand, vary in their intensity, from mild to severe.

Panic attack symptoms appear suddenly. Anxiety symptoms get gradually more intense over time.

Panic attacks subside after a few minutes while anxiety prevails for longer periods.

Chapter 2: The Existing Relationship Between Panic Attack and Depression

If you have ever been diagnosed with panic disorder, then you are at high risk of suffering from depression as well. Depression usually accompanies panic disorder. This additional condition co-occurrence is explained by shared risk factors such as adverse life experiences, unusual pattern activity in the brain, and unproductive personality traits.

In case you are diagnosed with the two conditions, you will need integrated and intensive treatment services to get well. One can recover from these complex conditions. All you need is time and a lot of dedication.

Patterns of Development Between Depression and Panic Disorder

Studies have shown that about half of panic disorder patients will be diagnosed with depression before, during, or after panic attacks start. Depression has a high predictive value for a panic attack. One condition tends to lead to the other.

Both are severe mental conditions. They can bring adverse effects on your life. When they occur at the same time, the symptoms of the two could be quite overwhelming.

There is a noted pattern in development between the two.

If you are suffering from both, you could experience panic attacks first followed by Depression, or it can be the other way around. In most cases, the panic attack symptoms hit you first followed by depression. The symptoms are usually sudden and unpredictable, leaving you wondering what just happened.

Although the pattern of development is not universal, they are closely intertwined, and factors that lead to one condition may signal a risk for the other.

Effects of Co-Occurring Panic Disorder and Depression

The symptoms of depression and panic attacks are quite recognizable. However, when you are experiencing both at the same time, it can result in extreme and adverse effects as compared to when you suffer from only one of the conditions, suffering from both can lead to the following:

You will be forced to seek treatment from doctors because of the intense effects of the two states. You will be left very weak and disoriented by their symptoms.

You will require intensive care that can lead to long periods of hospitalization.

It will harm your personality, and at some point, you might be forced to drop out of school or quit your job because your capacity to perform is impaired.

You will be at high risk of suffering from stress-related health problems such as high blood pressure, nervous breakdown, muscle pain, respiratory conditions, and heart problems.

You are most likely to suffer from suicidal thoughts. You are more likely to attempt suicide.

Shared Risk Factors Between Panic Disorder and Depression

There are some risk factors shared between these two disorders. This could help explain why the two disorders co-exist. These risk factors are highlighted below.

1. **Exposure to Child Abuse**

If you were sexually, emotionally, or physically abused when growing up as a child, then you most likely developed some risk factors that lead to various health disorders. A study done by Harvard University in 2012 established the correlation between future incidences of panic attack

disorder and childhood abuse. It also created a strong relationship between depression and childhood abuse.

2. Negative Biases that Distort Information Processing

An information processing biases occur when you process information in a particular way in a given cognitive domain. Such biases lead to unproductive and unhelpful thinking patterns.

It is characterized by:

Being obsessively focused on negative feedback

You tend to interpret unclear information negatively

You hold on to traumatic memories for an extended time

You have self-esteem issues

This bias tends to make you highly sensitive and reactive to even the smallest hints of panic symptoms. You tend to interpret unfamiliar situations as threatening, even if the conditions are harmless. Anxiety symptoms set in, leading to panic attacks and ultimately depression.

3. Neuroticism

Neuroticism is a tendency to be anxious or negative. It is a delicate emotional state. It is more of a personality trait than a medical condition. If you have neuroticism, you tend to exhibit one or more of the following symptoms:

Depressed moods

Envy

Anger

Feelings of guilt

Anxiety

A study done by UCLA and Northwestern University in 2016 found a strong relationship between panic attack disorders, depression, and neurotic personality. This means if you are suffering from one of the conditions, you are more likely to be suffering from the rest.

If you exhibit the symptoms of neuroticism, then you will be highly sensitive to any negative emotional experiences. Such adverse experiences usually come from stressful conditions outside of your control

4. Suffering from other Anxiety Disorder not related to Panic Disorders

There is an established correlation between other social disorders and panic disorder and Depression. Social anxiety disorder is a chronic mental condition in which social interactions cause irrational anxiety. People suffering from this condition tend to show the following symptoms:

Irrational anxiety

Feeling embarrassed

Feeling unexplained fear

Being self-conscious all the time

It has been established that social disorder and panic disorder tend to occur together. You can be diagnosed with panic disorder if you have a social anxiety disorder.

Major depression has also been linked to social anxiety disorder. Social anxiety disorder and depression are common conditions of those suffering from panic attack disorder. When one manifests, others are more likely to reveal also.

5. Excessive Activity in Areas of Brain Related to Rear and Memory

If you are suffering from a panic attack and depression, you tend to demonstrate hyperactive response in the related areas of your brain, namely the amygdala and the hippocampus. Amygdala is associated with such a response as intense fear, which comes with anxiety. On the other part, the hippocampus is responsible for the formation and processing of memory in the brain. When you have excessive activity in the two areas, it leads to anxious responses with triggers of panic attacks and Depression.

How to Effectively Diagnose Panic Disorder and Depression

It can be quite a challenge diagnosing the two conditions. This is because they exhibit the same symptoms. However, when the comorbid disorders presented are major depression and panic disorders, diagnosis is not a significant challenge. Both exhibit unique traits that are not difficult to

identify.

You must report these symptoms accurately and thoroughly without leaving any detail.

Diagnosis involves the following:

Health practitioners will screen both conditions even if one is reported or suspected. It is because of the coexistence the two situations usually share.

Panic disorder and depression are often diagnosed separately. It usually takes two weeks for depression symptoms to occur while symptoms of panic disorder take up to one month.

Once a definite diagnosis has been established for both the diseases, patients go through integrated treatment programs where symptoms of both conditions are treated at once.

None of the terms should be given priority over the other because they are both severe conditions that can lead to adverse effects on your life if left untreated.

Combine Treatment Program for Depression and Panic Attack

Once the two conditions have been diagnosed, the treatment should begin immediately. The treatment programs are tailor-made to fit the unique needs of every individual. A treatment program covering both panic disorder and depression includes the following:

Daily psychotherapy sessions – The sessions can be offered in groups, family gathering, or individually. It involves the use of cognitive-behavioral therapy, which is considered highly effective against the two disorders. Cognitive-behavioral therapy is an evidence-based therapeutic modality that is highly effective in treating a wide range of mental health disorders

You can also be given anti-depressant medications – Which are also useful in treating clinical depression.

You will also attend life skill classes or coping skills classes – These classes will equip you with essential skills that help to effectively deal with the symptoms of the disorders once it occurs.

The program also incorporates holistic healing practices such as meditations – Meditation enables you to find a sense of clarity, increased focus, inner peace, and general wellbeing. It has also been used in treating a wide range of mental health disorders as well as to lessen physical symptoms of stress and anxiety. Holistic practices are highly effective in treating depression and panic disorders.

Depression and panic attacks are both treatable when you receive appropriate and immediate interventions. Once they are treated together, you receive a sigh of relief, and you can resume your healthy life. The symptoms of both disorders can be quite powerful and threatening, especially if left untreated. But once you get timely help, your suffering will be over in a flash, and you can take back control of your life

Self Help Tips You Can Use If You Are Suffering from the Two Disorders

It is not all about going to the hospital and getting treatment. There are some habits that if you incorporate into your lifestyle, could help you a lot in overcoming or at least lessening the symptoms of depression and panic attack. Here are some of the practical self-help tips you can use:

Get support – don't hide your problem. Talk it out with close friends or family. Reach out for help. Loneliness and self-isolation make the problem even worse.

Avoid negative thoughts – have a positive attitude in the way you see life, the way you see yourself, and the expectations of your future. Be optimistic about your future.

Take good care of yourself – this could include maintaining a healthy lifestyle, eating well, exercising, and generally adopting a healthy habit. Treat yourself to some fun once in a while by doing things that you enjoy.

Get regular exercise – exercise is a powerful tool against depression and anxiety. Schedule your time to visit the gym once in a while. Aim at 30 minutes of exercise daily.

Eat healthy food – eat healthy and well balanced food. Avoid caffeine and alcohol.

Chapter 3: Obsessive-Compulsive Disorder and Its Symptoms

It is common to go back occasionally and double-check whether a door behind you is locked, an iron box is plugged out, or even at times be cautious that dirt or germs may have probably contaminated you. In other cases, you might also experience some unpleasant thoughts, ideas, and mages in your mind. But if you are an individual suffering from OCD, then you will note that these compulsive behaviors and obsessive thoughts become so demanding that they affect your daily schedule. Therefore, to get a deeper understanding of OCD, you need first to know what it means and what its common signs are.

Commonly abbreviated as OCD, Obsessive-compulsive disorder is an anxiety-related disorder, which causes the affected individuals to have a sequence of unreasonable fears and thoughts (obsessions), which drives them to do some things repeatedly (compulsions). The compulsions and obsessions mostly affect an individual's ability to perform daily activities, cause stress, and also hinders excellent social interactions.

A large percentage of people have a series of repeated behaviors, but these cannot be termed as OCD because they do not interfere with their daily routine. However, for individuals, with OCD, the focused thoughts tend to be rigid, and failure to execute them causes a lot of distress. Therefore, the repeated behavior's rigidity and the aspect of distress in individuals with OCD make them different from those experienced by other individuals.

For you to be diagnosed with OCD, the presence of either compulsions or obsessions or both conditions are mandatory for a definite diagnosis. It is significant to keep in mind that the positive compulsions or obsessions present during the diagnosis should be accountable for causing distress, consuming the individual's time, interfering with one's daily activities as well as hindering interactions among others. This disorder affects both males and females of all ages, regardless of their ethnicity.

Obsession

It is common for you to have unrelenting thoughts or ideas. Such feelings can be violent, sexual, or even religious, which keep on reoccurring in your head. Having these relentless thoughts, however, does not guarantee that you are a victim of OCD. In OCD victims, obsession refers to persistent unwanted thoughts, images, and impulses, which disturb the victims and often result in distressing emotions. Most individuals with OCD attempt to overcome these obsessions through engaging in other activities or just thinking about different things.

Some common obsessions that you are likely to have if you suffer from OCD include:

Losing control which entails the persistent fear of causing harm to oneself or others around you

Contamination which includes among others, germs, dirt, and other body fluids

Sexual thoughts which are coupled with disturbing sexual images and ideas about maybe incest, masturbation, and homosexuality among others

Religious obsessions which include constant fear of acting against God's will, disrespecting holy grounds, or offending God

Individuals suffering from OCD exhibit some common symptoms of obsession, which include but are not limited to:

The constant fear of contamination through touching or using objects already used by other people

Being distressed by having unpleasant sexual images and thoughts in your head

Doubts that a door in your house is locked, windows are closed, lights are switched off, or gas knobs are turned off.

Avoiding some situations known to trigger your obsessions for example regularly shaking hands with people, or even talking with them

Compulsions

Compulsive behavior is often linked to obsessive thoughts. Once you have

obsessive thoughts, the next thing that follows is the urge or drive to make a specific move-in responsive to the disturbing thought. Such behavior may be rearranging or regularly cleaning your house help you feel comfortable. If you are a perfectionist or you like your home and surrounding ever clean, it, however, does not put you under the category of OCD victims.

In OCD, compulsions refer to a series of mental acts and constantly repetitive behavior that a victim feels driven to do as a means of responding to a particular obsession. These compulsions target is reducing the distress caused by the obsessions. However, some of them may get repeated over and over again, and end up occupying the large part of an individual's day, which interferes with the daily routine.

Examples of compulsive behaviors include the following:

Washing – this involves repeated washing of your body or the surrounding to prevent contamination from dirt, body fluids or chemicals

Checking – regular checking to reduce fear of harm

Ordering – to minimize discomfort

Repeating – to end the anxiety

Compulsive behavior's common symptoms include the following:

Repetitive washing of your body and especially the hands. Sometimes this causes the skin to change.

Checking your doors countless times to ensure they are all locked

Repeatedly inspecting your lights to ensure they are off

Saying a word or a prayer repeatedly

Rearranging your house and surrounding repetitively to ensure that everything is in order

These signs vary from one individual to another, and their severity progresses as the age of the affected increases. The symptoms of OCD as previously listed, often start as small unnoticeable changes that you may mistake for your normal behaviors. They usually result from factors such as the death of a person close to you, mental illness, depression or even personal abuse at home, school or at work. The obsessive-compulsive disorder does not attack all at once; it happens in phases. If the obsessions or compulsions that you experience interfere with your routine activities

and are consuming most of your time, you should visit a doctor or any medical health practitioner for a diagnosis.

Types of OCD with Their Symptoms

Different individuals experience different thoughts at a particular moment. These different thoughts trigger various compulsions and obsessions. For example, if your obsession revolves around religion, you will find that you question every action that you do to avoid going against the will of God. Different compulsive behaviors and obsessive thoughts give rise to various forms of OCD.

There are many different forms of OCD, and among them, the most common ones are:

Checking

Contamination

Hoarding

Intrusive thoughts

Checking

You regularly check your door, lights, and knobs to ensure they are all locked or turned off. You do this for your safety and that of those around you. Similarly, individuals suffering from OCD do the regular checks but, in their case, they end up occupying most of their time. These victims claim to be doing it to prevent harm to themselves and others, but it often goes beyond the regular checks made by an OCD-free individual.

If you have OCD, you will find yourself having the following checking symptoms. In most cases, you will not realize that you are extreme in it, but those around you will note. Constant checking will affect your social relations as well as your job.

OCD Checking Symptoms

- Reassurance – here the victim will need constant reassurance from loved ones and even the internet that things are okay. The OCD

victim fears that he or she may cause harm to others, and this will trigger the continuous check of those around to be sure they are safe. In extreme cases, they end up listening to local news to be sure that no harm is happening to their loved ones or them. Other victims may need reassurance that their sexual partner still has mutual feelings and are faithful.

- Door locks, gas knobs, and windows – they regularly check them and even pull the locks to be sure that they are locked and are therefore safe.
- Memories – the victims often try remembering their past to be sure that they never caused harm to strangers or people close to them through their past actions. However, the OCD gets worse as the victims try harder to recall his or her past.
- Re-reading – as a victim, you will find yourself reading through a letter or a text countless times until you are confident that you have read it correctly. Re-reading is done for fear of missing important points.
- Valuable items – these include phone, wallet, or purse. Here you will find yourself checking for these items repeatedly. You may end up doing it for hours, which makes you late for an event, school, job, and even an appointment. Hoarding ends up affecting your ability to maintain a stable relationship or job.
- Sexual arousal – here, you will find yourself checking your sexual organs multiple times trying to clear unpleasant obsessional sexual thoughts. These unpleasant thoughts may be masturbation, incest as well as homosexuality, among others.
- Pregnancy – if you are a woman suffering from OCD you will find yourself cautious about pregnancy. You will find yourself always thinking of having picked up seminal fluids from public washrooms or even from protected sexual intercourse. Such fears may make you avoid public restrooms and any sexual contacts.

Contamination

You often wash your hands, body, and your surroundings to avoid

contamination. After visiting a toilet or latrine, it is advisable to wash your hands to avoid contamination by germs. Cleaning and Sanitizing your surroundings help eliminate dirt and bacteria. However, if you suffer from OCD, you will find that your cleaning routine to avoid contaminations to you or others is in the extreme.

Below are some common OCD contamination symptoms which you should always look out for:

- Public toilets – you will find yourself avoiding public toilets to avoid getting contaminated with other people's germs. This fear of using public restrooms is widespread in OCD patients with contamination as a trigger.
- Shaking hands – in this case, you will avoid shaking hands with people to prevent contamination. You may end up washing your hands multiple times after shaking hands until they start bleeding.
- Sex – you will try to avoid having sex or any other forms of intimacy for fear of body fluids from others. In most cases, you will find yourself cleaning your bedsheets, your body, and any other item that may have been contaminated by the other person's body fluids. You fear to have sex to avoid being in contact with semen or vaginal fluids.
- Crowds – you will fear to be in crowded places to avoid contracting germs from those within the group. Avoiding crowds may hinder your social interactions
- Teeth brushing – you will clean your teeth countless times for fear of leaving any bacteria. In extreme cases, this may cause mouth diseases.
- Money – this sounds funny, but it happens, and it is so real. Some people tend to avoid getting into contact with bills and coins for fear of getting germs from them. They may even drop money and fail to collect it as a way of avoiding contamination. If this happens regularly, it may cause considerable losses to the individual.

- Outside air – individuals with OCD tend to fear to get out of the house to avoid contamination, especially outside air. They sometimes go to the extreme of keeping their outdoor and indoor clothes separately. Some take a shower immediately after returning to the house.

Constant avoidance of contaminations may make you buy expensive cleaning items that may constrain your finances.

Hoarding

You may have a precious phone, car, dress, or any other item that you find hard to dispose of despite it depreciating and wearing out. Holding on to a valuable piece does not make you an OCD victim. However, these victims tend to hold on to items even those that are of no value to them. They fear discarding even empty cans to avoid making the environment dirty. They pile such things until they have no more space to keep them.

Three types of hoarding may help you determine whether you or a loved one is suffering from OCD. They include:

- Avoiding harm hoarding – here the individual will hold on to garbage rather than throwing it away. For example, they will argue that disposing of glass objects may harm the sanitation workers who collect them. They will, therefore, keep the garbage with them.
- Deprivation hoarding – the victims, may avoid throwing away certain items for fear that they may need to use the things later or in the future. You may find that they hold on to old newspapers claiming that they might need them later or they are not done reading them.
- Emotional/sentimental hoarding – individuals with OCD may hold on to certain items since they have an emotional attachment to them. Such things may include old clothes or toys.

Hoarding is one of the dangerous types of OCD. This is because, when

individuals hold on to the waste, they end up occupying a lot of space in their homes, which leaves them with limited space to use. In other cases, garbage such as decaying foodstuffs and plastic material may start decomposing posing as a threat to human health. This hoarding is unhygienic and may even cause diseases. It also affects the individual's relation with other people. If you notice that your loved ones or yourself have a problem with discarding items that go to extreme cases, be sure to seek the help of a doctor.

Intrusive Thoughts

You will agree with me that you have at one point or several times have horrific or disturbing thoughts. Does having disturbing thoughts make you an OCD suffer? The answer is no. Intrusive thoughts can be detrimental, those of causing harm or positive such as thinking about being the winner in a lottery. The frequency of occurrence of these disturbing thoughts and the way you handle them is what determines whether you are a victim of OCD or not. For individuals with OCD, these obsessive disturbing thoughts occur repeatedly and are involuntary, and often cause distress.

Below are some of the common OCD intrusive thoughts symptoms:

- Sexual thoughts – in this case, you will have disturbing thoughts of having sexual interactions or directly sexually harming a child. This thought is horrifying and can cause emotional distress. You will find yourself avoiding instances where you are close to children. If you are a parent with this illness, then you will find that you avoid hugging your children, bathing them, or even being closer to them. It sounds horrifying, but it's so real!
- Violent thoughts – the intrusive thoughts originate from the fear of causing harm to oneself or loved ones. Being a victim, you will have disturbing thoughts such as poisoning your friends or family, jumping from a tall building, or even killing people around you.
- Religious thoughts – here, you will have intrusive thoughts that you are probably acting against the will of God. You

will find yourself being cautious about anything related to religion and God. You will avoid having unpleasant thoughts while in a religious building, repeat prayers to ensure you said them correctly among others.

Generally, most of the obsessive thoughts and compulsive behaviors experienced by victims of OCD are familiar to every individual. However, you should always be cautious and keen to observe changes in your routine practices and those of people around you to detect OCD at its early stages. You may be wondering whether it is possible to reverse such a disorder. Yes, with the right treatment options, you can be cured of this disorder.

Chapter 4: Overcoming the Symptoms of Anxiety, Depression, and Panic and Improve the Quality of Life

As we have noted in the previous chapters, anxiety, depression, and panic disorder lead to extreme distress over every situation. Often, individuals with symptoms of these conditions suffer from social phobia, which may be accompanied by mental distress. In this chapter, we discuss the strategies necessary to overcome the symptoms of these disorders.

Overcoming the Symptoms of Social Anxiety

While it may seem like there is nothing one can do about social anxiety, in reality, there are several tips that can help you overcome the social condition, including:

1. **Challenging Negative Thoughts**

The first step to address anxiety is challenging your mentality. People with social anxiety always have negative beliefs and thoughts that contribute to their anxiety and fear. However, challenging these thoughts can help in reducing the symptoms of social anxiety. This can be achieved in 2 steps:

Step 1: Identifying the negative thoughts that underlie your social phobia. For instance, if you develop fear because of an upcoming work presentation, the underlying negative thought may be: “Everyone is going to think that I can’t do it.”

Step 2: Analyze and challenge negative thoughts. Asking yourself about the negative thoughts that be helpful. Ask yourself, “Even if I am nervous, will my colleagues think that I am not competent?” or “How sure am I that I will blow this presentation?” By evaluating yourself through these questions, you can replace them gradually with more positive and realistic

ways of looking at situations.

It’s scary to think about the negative thoughts you have, but understanding the reasons why you are suffering from anxiety will help to lessen its impacts on your wellbeing.

Unhelpful Thinking Patterns That May Increase the Symptoms of Social Anxiety

Evaluate your thoughts and ask yourself if you are engaging in any of the unhelpful thinking styles listed below:

Mind reading – Imagining that you know what others are thinking and that they have similar negative thoughts just like you.

Fortune telling – Trying to predict the future while assuming that the situation will get worse. You think that everything will turn out badly, and so you get anxious even before the situation arrives.

Catastrophizing – Exaggerating things beyond measure. For instance, you think that if other people notice that you are nervous, it will be “terrible” or “awful.”

Personalizing – Always thinking that other people are focusing on you for negative reasons.

2. Focus on Other People, Not Yourself

People with anxiety always get caught up in their anxious feelings and thoughts when in social situations. They begin thinking that everyone is focusing on them and judging them. This makes them focus on their bodily sensations, hoping that they can better control the sensations. However, if you have such experience, self-focus may just trigger more anxiety because it would make you more aware of how nervous you are. Focusing on others also prevents you from concentrating fully on the conversations or performances you are giving.

By switching attention from yourself to an external focus, you can reduce social anxiety. Some of the activities that can help you achieve external focus are:

Focusing on other people – this should NOT be about what other people think of you, but rather doing your best to engage them in genuine conversations.

Keeping in mind that anxiety is not as visible as you assume – Even if

someone notices that you are nervous, it does not mean that you are badly off. There are higher chances that they are just as nervous as you.

Keenly listen to what is being said – this way, you will avoid negative thoughts.

Avoid being under pressure – Rather than feeling pressured for being nervous, focus on being attentive and genuine, the key qualities that everyone appreciates.

3. Learn How to Control Your Breathing

When you become anxious, a lot of changes occur in your body. One of the changes that you will notice is breathing quickly, also known as hyperventilating. When you experience hyperventilating, your body will throw off the balance of carbon dioxide and oxygen in the body, which will result in more physical anxiety symptoms such as dizziness, increased heart rate, suffocation, and muscle tension.

Learning how to control your breathing can help you to bring back anxiety symptoms under control. The following practices can help you stay calm:

Sit in a comfortable position with your shoulders relaxed and your back straight. Put one hand on your stomach and the other on your chest.

Deeply and slowly inhale through your nose for about 5 seconds. The hand on your chest should have very little movement while the hand on your stomach should rise.

Hold your breath for three seconds

Exhale slowly through the mouth for 6 to 8 seconds. The hand on your stomach will move in as you inhale, but the hand on your chest will move very little.

Continue breathing in and out, focusing on keeping your breathing pattern slow and steady.

4. Face Your Anxiety

One of the ways to overcome anxiety is by facing the social events that make you fear instead of avoiding them. While avoidance of nerve-wracking situations may act as a coping mechanism in the short term, it can hinder you from becoming comfortable in any social situation or learning how to cope in the long term. Avoidance can also prevent you from doing the things you would do. For instance, if you fear speaking up,

you may avoid sharing your ideas in the classroom or at work or even making new friends.

Although it may seem impossible to avoid social anxiety, you can do it by taking small steps over time. The best strategy is to start with the situations that you can handle, and gradually work towards more challenging situations, adopting effective coping skills and building your confidence as you move up the anxiety “ladder.” To work your way up to the ladder:

Be patient. You can only overcome anxiety when you are patient. Practice making step-by-step changes until you move past your fears.

Don’t try to challenge your greatest fear right away. When trying to overcome your fears, it is not a good idea to move too fast or force things. This can instead reinforce your anxiety.

Use the coping skills you’ve learned to maintain calmness. This may include challenging your negative assumptions and focusing on your breathing.

Interacting with Colleagues: a Simple Social Anxiety Ladder

The ladder below shows how you can overcome social anxiety while interacting with your co-workers.

What to Do When You Are Having a Panic Attack

Trying CBT can really help people with panic disorder in the long-run. However, you cannot run to your therapist every time you are having a panic attack as your attacks can’t be scheduled. So, what can you do to stop yourself from having the attack? You can do many things to distract yourself from it. While these methods might not work as well when you try them for the first time, with practice, you will get much better at controlling your panic attacks.

The first thing to do is to take a very deep breath as soon as you feel a panic attack coming. Exhale the breath in 5 seconds and try to relax all of your muscles. During a panic attack, your body tenses up and draws all of your blood away from where it’s needed and directs it to your muscles.

This causes tension in your body. The fight or flight response your body gives during a panic attack is the reason why you sweat, feel nauseous, and have a rapid heartbeat. If you calm your muscles before they tense up, your panic attack might not even occur or may be much shorter than usual.

Breathing exercises where you inhale and exhale slowly can draw attention away from the panic attack and help you focus on your breath instead. This way, your brain forgets about the anxious state and acts like that never happened.

You can also count backward from 100 or try to do the alphabet backward. Anything that might distract you from the attack will have a major effect on your panic attacks. If you feel like they did not work when you tried them, try again and again until they start to work because eventually, they will.

Focusing on an object in the room or around you to ground yourself can also be helpful to stop yourself from having a panic attack. The next time you feel one coming on, find an object and direct all of your focus on that while breathing. Every time you get distracted, redirect your attention to the object and breathe.

If one object doesn't work, you can try multiple. Find 4 things you can see, 3 things you can touch, 2 things you can smell, and one thing you can taste. For example, the decorative items in the room can be the things you see, the texture of the couch, your clothes, and your skin can be the three things you can touch. A scented candle and the smell of the food in the kitchen can be the things you can smell. And lastly, a piece of candy or a stick of gum can be the thing you taste. When you start to have a panic attack, divert all of your attention to these senses and draw it away from your thoughts. Simply overwhelm your senses by indulging in these activities all at once. It will distract your mind from the panic attack, and you will feel much calmer.

Keeping ice packs nearby can also stop panic attacks. When you feel like you're about to have one, you can keep 2 small ones in your hands and 2 big ones on your lower back. This will cause your body temperature to decrease and slow the intensity of your heartbeat. Your body will work harder to warm those parts of your body instead of having a panic attack. Your hands and lower back are away from your chest and heart do there will be no energy left in your body for you to have a panic attack if all the

energy is focused on doing something else, away from the chest area.

Procrastination Anxiety

We procrastinate to experience some sense of temporary relief from our responsibilities. With procrastination, though, comes anxiety, and with that anxiety comes more procrastination. If you have social anxiety, you might also procrastinate to avoid feelings of disapproval or rejection from others. You might delay making phone calls, engaging in confrontations, or scheduling health appointments, but life does not stop just because you don't want to do those things yet. Knowing this, procrastinating causes anxiety and creates an anxious cycle where you don't end up doing anything.

Ways to Deal with Procrastination

Normal solutions for procrastination might not work for people with anxiety disorders because it has become a defense mechanism for them. If you procrastinate often, just telling you to get organized and do things might end up making you more anxious about those things than the task itself. Breaking the steps down into small chunks of work can work better for people with anxiety disorders.

Think before you put a task off and if you have to, write down why you think it is a good idea to put something off. For example, if you have to make a business call but postpone it because you think they are busy; think about your decision before you put the phone down. Do you know for sure they are busy? After thinking about why you are going to put it off, think about facts. You don't know that they are busy and unless you call, you will never know. The anxiety about them asking you why you did not call earlier will make you put it off for longer as well. Your best chance is to call now, and if they are busy, they will tell you to call at a certain time, and you can continue doing other things in the meantime.

Rewarding yourself after completing each task can also work really well. However, these rewards have to be earned by only doing the things you normally put off. If you cave in and reward yourself even if you didn't complete the task, it will never work.

Recognize the reason behind why you're procrastinating before telling yourself to not do it. Understanding how your brain thinks can help you change it for the better. Try making a list of things you have to do and

would normally put off due to anxiety and only focus on one at a time. Unless one is done, don't move on to another.

Overcoming the Symptoms of Depression

Dealing with depression can become a huge burden for people since finding the motivation to actually seek help can be exhausting. Knowing that you need to do something and your depression, keeping you from doing it can make you more depressed and even more anxious. If you've ever experienced depression, you know that it sucks your energy and leaves you tired and unmotivated.

Overcoming depression as soon as the symptoms develop can help you recover quickly. Even if you've experienced depression over a long time, making changes in your life will greatly improve your mood. Below are tips that can help you deal with depressive episodes.

Track the Symptoms

Keeping track of depressive symptoms can help you understand the triggers. Identifying the signs early may help you to avoid a full-blown depressive event. It is important to use a diary to note down the important events in your life, daily routine changes, and moods. Often, rate your moods on a scale of 1 to 10 to identify the specific activities that cause depressive responses.

Maintain Calmness

Identifying the symptoms of depression can be very scary. However, the anxiety or panic feeling when you understand the depressive symptoms can worsen other symptoms such as disrupted sleep or contribute to low mood. Instead of worrying about the symptoms, focus on maintaining calmness. Remember that depressive symptoms are treatable; you should, therefore, focus on your strength and what you have learned from the series of episodes you have experienced in the past.

Personal interventions such as mindfulness, breathing exercises, and medication can help you become calm, and look at things from a different

perspective that promote happiness rather than worry.

Understand and Accept the Symptoms of Depression

When you learn about depressive symptoms, you will be able to deal with the condition. Depression is a widespread mental health disorder, and not a personal shortcoming or a sign of weakness. Accepting the occurring symptoms might help you deal with them. Keep in mind that it is possible to manage symptoms with treatment like therapy, medication, and lifestyle changes.

Separate Yourself from the Condition

Do not define yourself with depression; it is not your illness. When depression symptoms occur, most people find it useful to repeatedly say, “I am not depression, it is just a condition.” You should remind yourself of all the other aspects of your life. These may include being a parent, a spouse, a sibling, neighbor, or colleague. Everyone has his/her own strength, positive qualities, and abilities that make them who they are.

Recognize the Need for Self-Care

Self-care activities, any action that helps individuals look after themselves, is necessary for mental and physical health. When you recognize the importance of self-care, you will be able to recharge, relax, and connect with yourself and others. It also means that you are ready to take some time off when overwhelmed to soothe and calm yourself. Some of the basic self-care activities that you should practice include taking a soothing bath, engaging in creative activities, and eating a healthy diet. Also, any activities that can enhance emotional, social, physical, and mental health are considered self-care actions.

Have a Deep Breath and Relax Your Muscles

Techniques for deep breathing can be effective in calming anxiety and soothing the stress response of the body. When you inhale and exhale slowly and deeply, you will be able to experience both psychological and physical benefits, particularly if you do this daily. The advantage of this coping mechanism is that you can practice deep breathing anywhere, whether you are at work, in your car, at the grocery store, or in the house. There are also plenty of free smartphone apps that offer guidance on deep

breathing activities.

Another helpful technique for individuals with anxiety and depression is progressive muscle relaxation. This requires you to tense and relax your muscles to reduce stress. Again, several smartphone apps are available to guide you on progressive muscle relaxation.

Learn to Challenge Negative Thoughts

An effective therapy to overcome depression symptoms is cognitive-behavioral therapy (CBT). The therapy proposes that our inner thoughts affect our moods. CBT involves changing negative thoughts into a positive one to change our feelings. Through CBT sessions, a therapist can help you to challenge negative thoughts and replace them with positive feelings.

How to Get Motivated When Depressed

First of all, it starts very small. Set a small goal for yourself and accomplish that. Instead of aiming to wake up, take a shower, get dressed, and clean your house, start by aiming to brush your hair after waking up. Once that is accomplished, reward yourself and move onto another accomplishment.

Congratulate yourself on having done something, no matter how small, every time you finish doing a task and tell yourself that you've got this motivation thing under control. Practicing self-compassion can grow your positive feelings about yourself and release some positive hormones to help you feel better about life in general.

You should never feel shy about asking for help. People with depression or anxiety disorders tend to feel shy about their conditions and expect others to shut them out if they talk about their problems. This is completely wrong, as your loved ones want the best for you and will be happy to help you get better. You can ask a friend to accompany you to a fun activity and actively hold you accountable for attending until you do. Being outside or doing things with others can make a person feel much better about their lives.

Each time you do something to combat your depression, evaluate how it made you feel throughout each step. As a person with depression, you might not believe in your own abilities to perform tasks so when you do accomplish them, it is a good idea to look back and remind yourself that you are fully capable of doing things on your own.

You shouldn't feel forced to absolutely love what you are doing. Instead, understand that your depression makes it hard for you to enjoy things to the maximum, but you should be proud to have done them anyway.

It is okay not to feel fully comfortable with what you are doing, as well. As long as you acknowledge that you are doing things that will push you out of your depressive state, your brain will reward you with more dopamine and endorphins.

Overcoming the Symptoms of Panic

Similar to social anxiety and depression, panic attack symptoms are highly treatable. There are several ways that people can self-manage the symptom of a panic attack. These include:

- Education – Being knowledgeable about panic attack symptoms is the first step to overcome them. Learn about how fear affects your brain, and how you can recognize the symptoms. It is also vital to understand that panic symptoms are not in any way associated with serious illnesses. Amidst the feelings of terror, a panic attack can never result in death.
- Maintain calm breathing – To control a panic attack, you must learn to take control of your breathing. The goal of this activity is to create a stream of air by inhaling and exhaling, which prevents the buildup of carbon dioxide in the bloodstream. It is recommended that you practice mindful breathing even when not having panic symptoms. This can equip you with the techniques designed to stop symptoms of panic attacks.
- Relax your muscles – Muscle relaxation is another technique to help you overcome panic attack symptoms. This involves tensing and relaxing your muscle groups to reduce stress levels that may cause panic attacks. To relax muscles, tighten your muscles while taking a deep breath. Hold your breath for few seconds before then

breath out to release tension.

- Cognitive-behavioral therapy and mindfulness – Panic attacks may originate from deep negative thoughts. CBT is an effective treatment to control symptoms of panic attacks. It helps to challenge fearful thoughts and equip individuals with the necessary tools to control a full-blown panic attack. Mindfulness, on the other hand, can help you control your thoughts without blowing them out of proportion, thus, controlling panic symptoms.
- Planning ahead – Preparing yourself for stressful situations and known triggers can be helpful to overcome panic attack symptoms. This may involve seeking reassurance about the safety of future activity to avoid fear and anxiety. Other methods to plan ahead of stressful situations include distracting yourself with things like music and movies, dressing in layers to avoid overheating, carrying water to keep hydrated, and internalizing reassuring statements like “I can do this” and “I am safe.”

Chapter 5: Tips and Tricks to Retrain the Brain

The power of positive thinking is well known, and has been documented and talked about time and again. But how can we change our mindset from thinking negatively or having negative feelings? The good news is that we can retrain our brains to always think positively.

One of the most important steps for treating anxiety is to first understand the different negative thinking patterns. When you know what kind of thinking is going to cause an anxiety attack, preventing yourself from thinking those thoughts can be easier. Let us look at these thinking habits, and specific tips to change the mindset for better thinking.

Worry

For you to become anxious, you must first experience or think of something that worries you. Worry is the most common symptom of recurring anxiety. We feel anxious when we think something bad is going to happen. Everyone worries about their future. Worrying about a situation helps us find solutions to our problems and helps us plan our futures more carefully. However, when an anxiety disorder is involved, the feeling of something possibly going wrong overtakes the mind, and solving the problem becomes impossible.

We can’t worry about the past because it’s already gone, we can only worry about the future. Wanting to be safe and to know what’s going to happen leads us to prepare and plan for situations. The worst part of worrying is that when we try not to worry about a situation, we end up becoming more worried about it. We worry more when we are not in a good mood. Bad moods feed the feelings of worry and the worry feeds the bad mood. It can become a never-ending cycle. So maybe, instead of trying not to worry, you should distract yourself.

Tip 1: Next time you find yourself in a bad mood or worrying about something, do something that will lift your spirits.

Uncertainty

If you are a person who worries a lot, the only time you may find yourself not worrying about a situation may be when you're worrying about something else instead. When you are anxious, you exaggerate the possibility of negative outcomes and the uncertainty about the situation makes you even more uncomfortable. For example, if your heart is beating rapidly, you might think that you are having a heart attack, which will lead you to worry about it more and cause your heart to beat even more rapidly. The "what if" question in your head always seems to be negative when you have anxiety and even if it is positive for a minute, you might convince yourself to not fall for the "false" possibility of a positive outcome.

You must catch yourself during these "what if" moments and realize that your negative thinking is causing you nothing but stress. You can't know the future and you must always hope for the positive. As long as you are prepared for the worst-case scenario, there is nothing else you can do. You must not suffer from misfortunes you have not experienced yet.

Tip 2: Every time you catch yourself overthinking a possible outcome, think about a time you did the same thing, but the outcome ended up being positive. Even if it is a small thing, like you thought that the grocery store was out of your favorite candy, but it turned out they had it. Or big things, like when you thought that your cough was due to serious illness, but it turned out to be a common cold.

Making Rash Decisions

Since uncertainty is so stressful for people with anxiety disorders, they might make rash decisions in an attempt to avoid it. Instead of focusing on solving the problem in the most efficient way, a person with anxiety might take the first acceptable conclusion. If you make rash decisions just to avoid anxiety, you might just be looking for relief or reassurance from others that all is well. If there are fewer options to choose from, there will be fewer possible negative outcomes.

People who experience intense anxiety are also more likely to blame themselves when something bad happens but tend to credit luck when something good happens. You might endorse superstitious behaviors like knocking on wood, or believing that you will have bad luck if you cross the spot a black cat went over.

The problem with this behavior is that making rash decisions or jumping

to conclusions can end up affecting your future a lot more than having anxiety over the decision. When you want something to be over just because you don't want to have to deal with it for longer, you might be denying yourself the possibility of a better outcome.

Tip 3: Instead of choosing the first option to avoid having to make decisions, try to realize that your anxiety is the only thing holding you back from making a solid, well-thought-out decision. Try to calm your anxieties by making a pros-and-cons list about each possible outcome and eliminate the ones with too many cons. Try to focus on the pros column more than the cons column as it will be easier for you to find negative things anyway. Before making a final decision, think of what advice you would give to a loved one if they came to you with this problem. Since that outcome would not affect you directly, you would be more likely to truly consider all the possibilities this way. With this exercise, you will be able to make better decisions without feeling so much anxiety.

Underperforming Because of Pressure

If you suffer from anxiety, you might either be bored or overly anxious most of the time. These situations put a damper on our cognitive performance and cause us to not do well in things we would normally be great at. When something is not exciting enough for you, you might not pay much attention to it and realize that it was important later on and then worry about your performance. If something is very exciting to you, your level of arousal might get you distracted and cause you to miss important things, and then you also end up worrying about your performance. In either case, worrying about not doing well in something can actually make matters worse.

Think about it this way; you are talking to three people about a free product you will give to one of them. One seems very uninterested in the conversation until they find out that they might get something for free, the other one seems very nervous to talk to you and acting too excited to get the item, and the third person is just delightfully calm and reasonable, asking questions about you and laughing with you. Who would you be most likely to choose for your product? You would probably choose the third person who seemed calm and interesting.

Anxious behavior can often make the people around us uncomfortable.

The more you feel like you are making people uncomfortable, the more anxious you get and the possibility of you shutting down and feeling terrified increases. Trying to make sure that people like you or that you are doing a good job can end up being a major disadvantage because of your anxiety. You may come off as “trying too hard” when you are anxious and want to seem excited to be with someone or like you are disinterested if you are too busy thinking about whether the person likes you instead of engaging in a conversation with them.

Tip 4: When you are performing a task or having a conversation with someone, make sure that the focus is on them and not on your anxiety. Since shutting down your anxiety is not an option as a person with an anxiety disorder, try to distract yourself from it by asking questions of the person you are in a conversation with or making charts or a work plan for the task you are on. Always try to catch yourself when your anxiety is taking over and do something to distract yourself from getting in the way of what you are trying to accomplish. If you need to take a moment to regroup, repeat the following sentences in your mind: “My anxiety does not own me. I am strong. I can do this. I am good enough. I control my anxiety, it does not control me. I am working towards a life where I am in control. I’ve got this!”

Chapter 6: Tools and Techniques for Personal Development

Personal development is very crucial in life as it helps us to achieve a workable work-life balance. A sure way to develop oneself is to stop worrying and emotional stress and get the courage to work on clearly set goals and objectives. By being able to overcome the symptoms of anxiety, panic, and depression you will be able to successfully develop yourself, mentally and physically. In this chapter, we discuss the tools and techniques for personal development.

Run the Stress Off

Stress is a key distractor to personal development. Running is a great way of combating stress. It is one of the easiest and beneficial physical

exercises anyone can engage in. If you are feeling beat down by the rigors of life, take a run down your street or get to the nearest field and run a few laps. There are several benefits that you will experience if you run regularly:

Running is an aerobic exercise. This increases the heart rate and makes you sweat, stimulates the release of endorphins, which are the body's natural feel-good chemicals, leaving your brain elated, and making you happy.

You will shed calories, which will help with lowering your blood pressure and keeping your arteries in good shape.

Running slows the aging process and reduces bone and muscle loss by building strength and flexibility. It keeps you active and improves your overall health.

When running, you have all the time to yourself, which allows you to process your thoughts. You may use the time to aid you with sorting out some issues that you may be facing or to think through a problem.

Researchers have found out that people who are regular runners lead a happier, more stress-free life and are generally fitter than those who do not. Your concentration and alertness are also enhanced.

Now, put on those running shoes and hit the road for a healthier, happier, and stress-free life. Running can be done almost anywhere you go. You do not have to worry about where to perform this exercise. Drink at least a liter of water an hour or two hours before your run. This helps with the hydration of the body, and you are unlikely to suffer dehydration.

You will not regret your decision as the benefits that will accrue to you are many.

Take a Hike

Hiking is a relaxing walk through natural surroundings, usually at a nature trail, a park, or a forest. Much like running, hiking is a great exercise for stress relief, though less vigorous. Hiking combines the benefits of an effective aerobic exercise, serene natural surroundings, and the chance and time to relax and think freely.

The following are ways by which hiking helps the body to deal with stress:

Mental Relaxation – Hiking provides the time and opportunity for mind

relaxation by getting you up close to nature. Nature has been proven as a catalyst for mental relaxation by giving you the experience and wonders of natural surroundings.

Energizing the Body – Hiking being an aerobic exercise invigorates the body and helps with the regulation of stress chemicals. People who hike regularly have higher levels of feel-good hormones, like endorphins, which reduce stress considerably.

Emotional Well-Being – When you are stressed, you are a prisoner of negative emotions, like sadness, anxiety, nervousness, etc. Hiking will activate positive energy in your body, which will, in turn, boost your emotions to make you feel better and happier.

Brain Exercising – A hike will afford you the silence and time to think profoundly about things that are important to you. Aerobic exercise coupled with deep thinking will effectively enhance the body's stress management capabilities.

Spiritual Nourishment – Being in a natural environment with the wonderful serenity offers the body a chance to get spiritually fulfilled. Your nerves will be calmed, and you will get the opportunity for mental clarity and relaxation that you would normally not have every day. Hiking is a great exercise for anxiety and stress relief, and you ought to prepare in advance before you go on a hike. Pack a first-aid kit, drinking water, and a phone in case you may be confronted with an accident.

Come on, why don't you start hiking for a change? It may just be the answer to dealing with the stress you have been under lately. So, book an appointment with nature for exercise, mental and spiritual fulfillment, and say goodbye to stress and anxiety.

Pedal the Stress Away

Do you remember how happy you were riding your bicycle when you were young? I remember my experience, and I could give anything to feel the same way again—excited, happy, and with a sense of unbridled freedom. It was just a great time without a care in the world. Well, you do not have to look back to your childhood with such nostalgia because you can readily bring back those feel-good moments you had on your bicycle than to the present to replace all the anxiety and worries you are facing now!

Don't you want to?

Cycling is another form of aerobic exercise, which is great for stress relief, fitness, and general well-being. When you are overwhelmed by life's pressures, simply hop on a bike, and start pedaling for stress relief. Being on the bike will take your mind off the problems that are bothering you, pump some feel-good chemicals into your bloodstream, and pace your heart to leave you feeling refreshed and emotionally elated.

You can cycle after work, on weekends, or your day off. You can even cycle to work. While doing this, employ the meditative technique of mantra by chanting a positive phrase or word to the rhythm of your pedaling.

Cycling is not an expensive endeavor. Just buy a bicycle, and you may start. It is not vigorous if done for leisure or exercise and can be taken up by people of all ages. Cycling will keep you fit. Work out your heart for better health and emotional balance. It helps with the management of chronic conditions, like diabetes, cardiovascular problems, and high blood pressure. The healthier and better you feel, the less likely you are to be stressed. Get on your bike, and enjoy the stress-relieving benefits you have been missing.

Reading for Stress Relief and Personal Development

Reading is cathartic and is a great reliever of stress for people who are facing everyday pressures and adversity by relaxing the brain and managing the thought process. When you read, your mind travels away from the pressures you are facing. You sink into the story where you will find yourself in faraway worlds. In the duration of your reading, you shall be transported away from your troubles, and this helps in balancing your emotional well-being.

Reading is a great mental exercise that stimulates brain activity, thereby improving mental concentration and alertness. Stress-fighting chemicals that give you a happy feeling are released into the brain. An active mind is strong and more likely to cope with daily pressures. You will also fight stress from the motivation and hope you derive from reading biographies and motivational books. Books and other literature are sources of information that enable you to learn more and aid in problem-solving.

A book will divert your thoughts from the lingering problems or worries that are stressing you out. Set aside a few hours in your day to read, and

you will experience how fulfilling it can be in your efforts at dealing with stress.

When you clear your mind of negativity even for a few hours, you will make huge strides in mental relaxation. With a relaxed mind, you should be able to be more creative and relaxed enabling you to cope with stress. An active mind also slows down the aging process, leaving you feeling younger physically and mentally. A strong, healthy body is less prone to stress.

If the last time you read was for an exam or for a school assignment, make a hot cup of tea, make yourself comfortable on your favorite seat, and immerse yourself into a book. The benefits for your life and health are great—you need to try it. Get literature that appeals to you—a book, magazine, or newspaper—and make it a habit to read regularly for a less stressful life every day.

Be a Positive Thinker

Have you heard of positive thinking? Well, the world works in a very simple way in that whatever you think is what will be manifested in your life. You attract what you think! It may seem simplistic or difficult to accept, but take the time to mull it over and you realize that it is true. If you want to get that new job you applied to or want to get promoted, it begins with you wanting it then believing that you can get it without having a shred of doubt.

Self-belief is a powerful stress reliever. To always be positive and to be ever optimistic. The power of positive thinking is incredible. If you look forward to good things, you will have a happier, less stressful life. Positive thinking is a state where you look forward to favorable outcomes in whatever you do. Positive thinking, therefore, involves actively training your mind to have creative thoughts that transform energy into reality.

Avoid dwelling on your failures and concentrate on the successes. Use the disappointments as lessons for the future. Studies show that positive thinking leads to a longer and healthier life since you are less prone to stress. You become a positive thinker by identifying the negative aspects of your thinking and avoid them while constantly evaluating your thoughts to make sure you stay positive.

Do not be too hard on yourself, allow yourself joyous moments, and take

time to have fun. When you are optimistic, you become less critical and are instead more creative and hopeful. An optimistic mindset can deal with stress at work more easily and constructively. Positive thinking is a powerful tool for fighting stress and anxiety. Try it, and you are sure of great benefits and a happy, relaxed life.

Time Management

If you are always late and short of time, then you are most likely leading a stressed and anxious life. There is nothing as stressful as the struggle to always meet a deadline or catch up with something you forgot about. Using a little time, we have properly will help you cope with stress. Time management involves methods aimed at using time efficiently to perform all the tasks we have within a given time. It involves prioritizing, scheduling, and organizing.

You must assess the tasks on your plate and put them in order of importance and urgency to avoid confusion, conflicts, and unnecessary time pressures. Plan things in advance to avoid last-minute scrambling to get something that skipped your mind done. Good time management makes you a more productive person. You will do more within a short time, thus gaining more control of your life.

Create a schedule and stick to it. You will have enough free time to engage in fun things that you have been missing. You will have time to go to the movies, play a game, or any other fun activity that serves to boost health and well-being. Good time management means that you have enough time for work, family, and friends. These moments with loved ones are most fulfilling and stress-relieving.

It does not take much to be a good time manager. All you need is to start and commit to it. Well-managed time leads to a more comfortable and happy life. Below are the benefits of time management for a less stressful life:

Doing more with less time

Getting more free time, which allows time to relax

Reduced stress since you do not worry about pending deadlines

Higher productivity since you are fresh mentally, physically, and highly motivated

Time management is good because you will be happier, more successful,

and more productive. You will also live a fuller and stress-free life. Why don’t you start managing your time better and enjoy the benefits?

Get Enough Sleep

Are you sleeping enough? Lack of adequate sleep is a big contributor to the incidences of stress and anxiety. Getting sufficient sleep is essential in your effort to deal with stress. When you do not get enough sleep, you are left susceptible to stress and other health problems because you are emotionally imbalanced.

Therefore, it is imperative to have a sleeping schedule and follow it so that you condition your body into a routine for sufficient rest. In fact, sleep deficiency is a great source of stress and anxiety since you are tired, irritable, and have weakened creativity. Between work and your personal affairs, you probably end up not getting enough sleep. It is recommended that you sleep for at least six hours for optimal rest.

We do not get sufficient sleep because of our poor bedtime habits that end up interfering with our sleep. To sleep better and longer, try the following:

Set a sleeping schedule. You will sleep better if your bedtime is predictable. Your body will adapt, and you will rest more.

Do not indulge in a heavy meal during dinner.

Physical exercise is a great sleep inducer.

Do not take caffeinated drinks close to your bedtime. Your last caffeine drink should be an averagely six hours or more before you lie down.

Keep away from alcohol four to six hours before your bedtime. It will disrupt your sleep.

Sleep well for emotional balance. You will wake up refreshed, well-rested, and energized. When your body has this balance, it can easily manage or ward off stress.

Listening to Soothing Music

Music is very relaxing and can change moods positively by acting on our minds to avert stress. It acts quickly and will relieve you of stress and anxiety. The calming effect of music has a distinctive relationship to our emotions and is an effective way to cope with stress. Slow classical music is extremely peaceful and has a positive effect on our bodies and minds. This kind of music has its advantages. It slows the heart and pulse rates

and reduces the production of stress hormones and blood pressure.

Music engrosses our thoughts to distract us from whatever worries may be lingering in our minds. Most times, when you are stressed and anxious, your mind tends to wander off, causing you to think of the things that cause you more anxiety. However, music acts as a cushion and helps your mind to relax and better concentrate.

For years, music has been proven to treat ailments and restore coherence and balance between your body and mind. Furthermore, research has it that music is therapeutic in the following ways:

Some music compositions can help disabled people by boosting harmonization and communication and improve their life.

The use of headphones when listening to music can lessen anxiety and stress, especially when one is about to go for surgery and after the surgery.

During extreme pain or post-surgery, music has been known to ease and numb the pain.

Music is also known to alleviate depression and enhance self-esteem in older people.

Soothing music has been proven to improve mood and reduce burnout.

Music is therapeutic, especially for cancer patients, as it improves the quality of life and reduces emotional trauma.

Music is food for the soul. The next time you are facing adversity or are feeling down from mental fatigue or some other worries, turn on your favorite music. Enjoy the relaxing and positive vibes that will be provided by the music.

Chapter 7: Transforming the Anxious Mind with Therapy

You should never compare yourself to another person who is getting treatment for their anxiety if your recovery doesn't seem to be working as fast. Both CBT and self-help methods take some time to start working. It is very important that you keep being keen on your recovery, attend every session, and be fully transparent with yourself and your therapist when it comes to your thoughts, feelings, and emotions.

How Cognitive Behavioral Therapy Works

Cognitive-behavioral therapy is one of the more non-traditional forms of psychotherapy. The traditional psychoanalysis invented by Sigmund Freud focuses on the possible childhood causes of mental disorders in order to fix the problem at its root, whereas CBT focuses on the problem itself and boosts happiness by altering the useless thoughts, behaviors, and feelings. Focusing on the solution rather than why the problem is there can help the patient to feel more encouraged and hopeful about feeling less anxiety soon, which can help them change their dysfunctional behavioral patterns.

When you're distressed, your perception of life and reality might change. Fixing this is the main goal of CBT, to make you see that the real problem is your behaviors and thoughts, and not your anxiety. When you learn the ways, you can change your behavior, your anxiety will also change.

The best part about cognitive behavioral therapy is that it is suitable for all ages, including children. Besides anxiety, it can also help heal from other psychological disorders like depression and eating disorders.

People often choose CBT because it can help ease your anxiety quickly and efficiently. You will be able to identify the problem and learn better ways to cope with it rather than having an anxious response to it. You will need fewer sessions of CBT than other therapy techniques to deal with

anxiety.

When you choose the right therapist for yourself, CBT can help you with:

Managing the symptoms of anxiety

Effectively teach you how to avoid a relapse

Treat your anxiety without the need for medication

Teach you how to cope with stressful situations without getting anxious

Explain how to identify the situations that can trigger your anxiety and how to look at them differently

Overcoming the trauma left by an unfortunate event

Overcoming phobias, eating disorders, or compulsive behaviors

There is very little to no risk of opting for cognitive behavioral therapy. The only risk can be the feeling of discomfort you may get from time to time due to having to talk about your anxieties. The therapist can resurface painful or shameful feelings during your sessions, but you must remember that in the long run, this will really help you.

Talking about your anxieties can make you feel exhausted and it can be demotivating to go back to therapy sessions when you think it is much easier to indulge in your compulsions or avoid participating in an anxiety-inducing event. However, doing the latter will only add to your anxiety in the future. You must face them now so that you can get rid of, at least decrease, your anxiety.

CBT can really help you change the way you think. While you may be comfortable with how you look at things right now, once you hear about the flaws in your perception of the world, a whole new chapter of your life will begin, a chapter where you are happier and more comfortable with everything. It is important to cooperate with and listen to your therapist if you want to get better. One of the reasons why cognitive behavioral therapy is considered to be really efficient is because it is a form of talk therapy between the therapist and the client, and it creates a bond between the two.

Many CBT specialists can help you. Talk to your therapist about your main concerns when it comes to your anxiety. Tell them if you are more worried about your eating disorder than your rapid heartbeat if that is what you are most worried about. Letting them know what to focus on will help you two

get on the same page.

Your therapist will practice new methods of coping and relaxing with you. Learning about your disorder can help you identify the thoughts that are not useful to you easier.

Overcoming Worry – Dealing with Generalized Anxiety Disorder

GAD is the overwhelming worry of a bunch of things at random times. People with this disorder can be over-concerned about things like money, health, work, or education. These kinds of things worry them way more than they would worry a person without an anxiety disorder.

People who have more anxious days than non-anxious days for more than six months are considered to have a generalized anxiety disorder. About 7 million adults in the US alone suffer from this condition, and only a small number of them seek help for it. GAD can start from childhood and persist into adulthood or develop at a later stage in life. Like any other anxiety disorder, there can be many reasons behind a person developing GAD.

If you have GAD, you might just not know how to control your anxiety or think that there is no way you can control it. While anxiety is a part of everybody's life, the level of anxiety a person with GAD feels is anything but normal. It is not okay to keep yourself suffering from this disorder when there are steps you can take to avoid it.

How CBT Works for People with GAD

It can help with easing the symptoms of the disorder by targeting over-planning, avoidance of events due to anxiety, and worrying. Becoming aware of the reasons behind your anxiety can make you more cautious about your reactions to stressful situations. Becoming less afraid of your anxieties can heal your relationships with other people as well as give you the chance to take on new opportunities.

Conquering Social Fear

If you have social phobia, also known as social anxiety or social fear, you might be terrified of talking in front of other people, attending parties, using public toilets or transportation, eating in front of other people, or even waiting in line. All of these things can make you feel exposed and shy.

Social anxiety can lead to more physical symptoms like sweating, flushing, or feeling nauseous. It is one of the most common types of anxiety disorders, with more than 10% of adults being at risk of developing it during their lifetime.

You might appear to be uninterested or rude if you have this disorder, especially if you come across as boring or quiet. You might not want to meet people just to avoid the possibility of telling them too much about yourself. You might even develop depression and stop being social altogether or develop a substance addiction and start relying on the substance to lower your inhibitions in social settings. Doctors may sometimes prescribe medications for this disorder, but they can be counteractive since people can become addicted to them as well.

How CBT Helps with Social Phobia

The best way to deal with your social phobia is to get CBT. It will help you change the way that you think and act during social situations. You can seek the therapy sessions online if you don’t feel comfortable with being face-to-face with a therapist. CBT will help you see the true effects of your social phobia in your life, educate you about the issues and create a custom solution to your problems, and train you in other methods of anxiety management to help you cope with your symptoms.

You will need to engage in activities appointed by your therapist to help change your behavior. This is called behavioral intervention. It helps you face your anxieties but have a different point of view when dealing with them. In time, depending on your comfort levels, your interventions will get harder for the old you but much easier for the new you.

To put it in basic terms, CBT will help you see the fact that the worst thing that can happen during a social event is that you might embarrass yourself. And even if that’s the case, you won’t care because what other people think of you will eventually no longer matter to you.

Coping with Panic Attacks Using CBT

Panic attacks are absolutely terrifying and exhausting for the people who have them. They come unexpectedly and can ruin the whole day or even the week for the person who has them. The remaining anxiety about the possibility of having yet another panic attack adds to the feeling of exhaustion as well. If you have panic disorder, you might be experiencing shortness of breath, sweating, and feelings of choking or suffocation. Panic attacks can get so bad that you might think you are going to die.

The physical symptoms of panic disorder peak within minutes and you end up feeling like you cannot control what is going on or what might happen in the next few minutes as the attacks can take up to 30 minutes to subside.

People who suffer regular panic attacks have a higher risk of heart attack than people who don't. The rapid changes in your heartbeat, blood pressure, and cortisol levels are not good for your heart. The good news is, while it may feel like you are going to, you cannot die from a panic attack. Some of the CBT techniques that can help you cope with panic attacks include:

Guided imagery or visualization method – This can be used in conjunction with progressive relaxation or by itself. After you have relaxed your muscles, you can get into the visualization method, and use mental imagery to relax your mind. The visualization method is a variation of traditional forms of meditation techniques that require that you use all senses—vision, taste, feel/touch, hearing, and smell. The visualization method entails the creation of an image in your mind that leaves you feeling at peace and free to release all tension and anxiety.

Self-hypnosis – Self-hypnosis is a form of guided meditation that involves listening to a recording to access a deep state of relaxation. Once you reach a state of deep relaxation as possible, you are more open to suggestions, allowing the hypnotherapist to target and improve a particular aspect of thought.

Standard meditation – There are many types of standard guided meditations, many having different aims and purposes. Guided meditations are not the same, so you ought to know which one you are using and for what purpose it is.

Body scan – Body scanning entails heightened awareness of any stressor pain in certain parts of the body. A body scan can be performed while seated or lying down comfortably. A full-body scan can take a long time (up to one hour), but shorter versions are still highly effective.

Brain wave meditation – This type of meditation targets brain waves for stress relief and relaxation. Brain wave meditations start out with a guiding voice, which is usually just relaxing music and sounds.

Affirmation meditation – This meditative technique uses affirmations to plant a certain way of thinking or generate particular feelings within a practitioner's mind. You will get into a relaxed mental state, and the idea is that one is often more suggestive when relaxed; the message is received and sinks in better to your brain. During affirmative relaxation, positive affirmations linked or connected to a specific area, such as health, relaxation, mood, and confidence will be stated.

Every time you want to embark on a relaxation technique, do the following:

Find a quiet spot where you will not be disturbed.

Loosen your clothes and free your arms and legs.

Dim your lights.

Mastering these relaxation techniques will take time. Over time, your body will be in tune with the sequence of the relaxation techniques. With this mastery, you will be able to get deeper relaxation. As much as it may be difficult to find exclusive time for meditation, these techniques can be put into practice as you engage in doing other things.

It is possible to meditate on a bus or while commuting for concentrative meditation. Mindfulness techniques can be put into play while walking or exercising your pet or while taking a lunch break at the park. Nonetheless, if you can designate a daily time for relaxation, do so for predictability and ease. Do not try these relaxation techniques while sleepy as you will fall asleep and miss out on your target for relaxation. Relaxation requires maximum concentration and alertness.

No one is perfect, especially at the beginning. Do not pinch yourself for missing some sessions. The main goal is to build momentum so that after a while you can get into a rhythm and routine.

Peace of Mind

Happiness, good health, and success are things that should be accessed by every one of us. Meditation is one of the ways that you can do to attain the mental peace that will give you a wholesome life. When we look at the many benefits of meditative practices listed earlier, they refer to or are a testament to a state where one's body is in total control and fully functional.

Bad habits are jettisoned for purer, health-conscious ones. Mental strength and brain functioning are greatly improved and nurtured. Immunity is boosted, leading to fewer or no diseases affecting us. We are less stressed and a lot happier when we meditate regularly. This happiness and well-being are what spawn peace of mind. One becomes aware and in tune with oneself. Full self-awareness is achieved, and with that comes peace. When your mind is peaceful, you will be more productive. You will relate better to the people around you. Your family, friends, colleagues at work, and strangers that you bump into will notice the difference in how you relate. You become more likable as the happiness and peace you exude rubs off onto others.

Meditation, indeed, leads to peace of mind. Take up meditation, won't you?

Now that you have all the basic knowledge you need, it is time to delve into the practice itself. There are many kinds of meditation techniques that you can get acquainted with, and this chapter will aim to give you as many options as possible to help you start strong.

Fast and Simple: Techniques on the Go

There are just too many people out there who don't have enough time in their hands but still want to practice meditation. Although meditation can be done anywhere and in almost any circumstance, you must start with some beginner-friendly practices that won't take up too much time. All the exercises in this section can be done within ten minutes, but you can make it last longer if you want.

When you are using certain techniques to fit a certain time frame, you

have to put all thought of time constraints out of your head. It would be best if you chose a short time after you wake up or just before you go to bed. Keep in mind that making your mind be still is not easily accomplished, especially for a beginner. But also know that this can become simpler and easier as you go along, so don't let yourself be discouraged by any short-term setbacks.

Basic Meditation with Affirmation

This basic meditation technique is a great way to start your practice. This starts off with the basics, and you can add visualizations or added stillness later on.

Sit on the floor or on a chair, and keep your back as straight as possible without straining yourself. Make sure that you are comfortable and can hold the position for at least five minutes.

Breathe deeply and relax your body as you breathe. As this is probably your first time, it might be wise to keep your eyes closed throughout the process.

Choose a phrase that you would like to affirm in your life. Try to use the first person, and make sure it's something meaningful to you. Examples can include the following: "There is peace inside me," "I am worthy of love," or "God watches over me."

Take slow measured breaths. Make your breathing as easy and relaxed as possible, and empty your mind of other thoughts.

Now repeat the affirmation to yourself quietly. Try to focus only on the affirmation. If you do get distracted by random thoughts, allow the thought to pass rather than suppress it. Simply return your attention to the affirmation gently.

If you find it difficult to focus on a purely mental effort, you can try to whisper the words to yourself, moving your tongue without really speaking a word. Join your breathing with your affirmation and repeat the phrase as you breathe out.

Remember not to get frustrated as your body will end up tensing rather than relaxing. Notice how you felt during the exercise. Was focusing your attention on affirmations and breathing difficult for you? What kinds of

thoughts did you find popping into your head?

Focused Breathing

When you can manage to stay focused on affirmations, it is time you focus solely on the breath. This is a great way to develop focused awareness, concentration, and stillness of the mind. Don’t expect to have a quiet mind right away. This is all normal and will improve as you continue your practice.

Sit comfortably with your back straight in a place where you won’t be disturbed.

Breathe deeply and relax your body. However, if you find that your thoughts still have a tendency to race around you, keeping your eyes closed will help keep distractions to the minimal.

Turn your attention toward the sensation of your breath. This is a good time to practice the beginner’s mind. Experience your breathing as if for the first time. Listen intently to the sound of each breath, and feel the air enter and leave your body.

Since you are focusing solely on your breathing, you might find yourself easily distracted by random thoughts and emotions. Don’t be alarmed or critical of yourself when this happens. Simply acknowledge the thought or emotion without judgment, then let it go. Gently direct your focus back to your breathing.

It would be beneficial for you to continue practicing these techniques before you move on to more complex practices. As the basic core of almost all meditation practices involves awareness of the breath and concentration, these techniques are great if you simply want to stay with the basics or if you want to move on and deepen your practice.

You can liken your mind to a deep lake. If you only look at the surface (the ordinary mind), you’re often blind to the wonders underneath. When you start practicing focused awareness, you’re actually learning to swim in the waters of your own mind. Once you start getting better at swimming, then you can start diving deeper into the depths. This section will introduce more intermediate practices that allow you to get a good look into your psyche. You can extend the length of your practice according to your own

preferences and needs.

Body-Tuning Technique

This technique is one of the most important intermediate techniques in meditation as it gets you back in touch with your body. A great majority of people in society are fragmented. The mind is often torn in fragments of positive and negative emotions that aren't fully explored. Worst of all, the body is disconnected from awareness and the mind. This technique aims to get the mind and body reconnected to make them whole again.

This meditation must be done lying down. Find a flat, solid surface that allows for comfort but not so much that you can end up drifting off to sleep.

Direct your awareness of your body as a whole. Pay attention to every sensation that you feel. Feel the places where your body touches the surface of where you're lying. Feel the cool breeze that wafts through the room or the warmth of your own body.

After a few minutes of full-body awareness, gently direct your attention toward the biggest toe of your left foot. Feel all the sensations in this one area. If you don't feel anything, then simply focus on the lack of sensation.

Start visualizing your breath flow in and out of your toe, bringing the much-needed energy with it. When you're ready, expand your awareness toward your whole left foot and continue to breathe in and out of it. Continue this for at least two minutes.

Once you're done, let your awareness travel upward to your ankles and lower leg. Be patient with yourself and continue visualizing your breath going in and out in waves across this area of your body.

From here, go up to your knees and thighs. When you're done with your left leg, go back down and focus on your right fight. Repeat the visualization and focus on your other foot. From here, continue to go higher. From the pelvis, go higher to the abdomen, lower back, the navel, upper back, then the chest and shoulders.

Try to slow down in the areas where there are main organs, such as the lungs, heart, and stomach. Imagine your breath bringing healing energy to your organs. Now bring your focus to your left fingers and hands then up

toward your elbows and arms. Repeat the same technique until you've finished with both hands.

From here, bring your awareness to your neck, then up to your face. Give special attention to the space right between your brows. Finally, finish by focusing on the top of your head. The last two areas can be especially receptive. You might end up feeling like you're floating and that your consciousness is more fluid in your own body.

When you're ready, pull your awareness away from your head, and bring your awareness back to your whole body.

After a few minutes, wriggle your toes and fingers and slowly open your hand. Return your awareness to normal and stretch a little before you get up.

Chapter 8: Managing Anxiety Using Therapy

What you need to understand as a control freak is that even if something is perfect for you, it will never be perfect for everyone. You will never be able to please every person on this planet. People will find flaws in you and your work just like you do with others. This is all okay. You do not need to please everyone, anyway. What you do need to do is to take care of yourself. Sometimes you should let things happen naturally than control them. Having too many things on your plate causes you too much anxiety and not being able to finish them according to your plan might actually add much more stress and anxiety to your mental state.

No one wins when you judge someone. They don't suddenly become a person you would like, and you won't gain anything from doing it. Even if they did fix the thing you judged them for, you probably would find another thing to judge anyway. You can try to control your own life but trying to control another person's life is an act of futility that will only lead to frustration for both of you.

Understand that just like you, others have opinions, schedules, plans, thoughts, and emotions.

Acting like you know everything or like you are the only person who can do things right will only make you look like a rude, interruptive person who has no trust in others. You are not perfect, and you don't need to be. Bad things happen to all of us; it is a part of life. People might want to change plans, do things differently, or have different opinions. You need to respect that and accept that even if you control everything to a T, things can still go wrong. The future is unpredictable. Letting people do things you normally would want to control can create a better relationship between you and them. It will show that you trust their judgment. You will also have more time and less stress when you stop micromanaging everyone else's work and focus solely on yours instead.

Most Common Phobias

Some of the most common phobias have lesser-known names. The following phobias are all anxiety-related phobias that you can most certainly get over if you go through CBT and learn to alter your behavior and reactions to anxiety-inducing phobias.

Agoraphobia

Agoraphobia, or the fear of being in a space or situation which may be difficult to escape from, is a very common phobia associated with anxiety. While this phobia is commonly realized in a crowded area, it can also include the fear of open spaces or other situations that are likely to trigger a panic attack. This phobia can lead to a major decline in social behaviors, as many who suffer from it will look to minimize the likelihood of these events. This can include traveling for work, visiting friends and family, or even small tasks such as going to the grocery store. While this phobia can have similar symptoms to a social anxiety disorder, the causes do differ and are important to note. A social anxiety disorder is more reliant on the perceived negative evaluation of others on oneself, while a person with agoraphobia may avoid crowds due to the simple fear of experiencing a panic attack in front of others.

Although panic attacks are a common fear of those with agoraphobia, panic disorder is not in complete correlation with this phobia. Anywhere from one-third to about half of agoraphobia cases also experience panic disorder. On the rare occasion that one may be diagnosed with agoraphobia without panic disorder, this person will still experience a strong fear of other symptoms that may occur due to the same stimuli.

How to Get Rid of Your Agoraphobia

When agoraphobia is developed instead of panic attacks, a person can begin to notice the symptoms as early as within a year of the recurring panic attacks. As with many illnesses, the early treatment of this phobia can be very beneficial to mitigate the effects. Cognitive-behavioral therapy is the typical treatment for agoraphobia, and it is incredibly effective.

Slowly introducing oneself to the situations that are usually avoided is also a method of treatment for the phobia, as a form of systematic desensitization. You build a tolerance to the phobia, and it stops scaring

you as much as it did before. Through constant treatment and the help and support of friends and family, a person suffering from agoraphobia can return to a more independent life of fewer panic attacks and increased social activity in no time.

Mysophobia

Mysophobia, which many mistakes for OCD, is the overbearing fear of germs and dirt. People who suffer from this phobia often label themselves as germaphobes. This phobia can lead to over-cleaning and obsessive avoidance of any situations not deemed clean. While this phobia is not an obsessive-compulsive disorder, it may be related to the disorder. Frequent and consistent hand washing, a symptom of OCD, is a common symptom of mysophobia. Though these two illnesses share common symptoms, the reasons behind them differ.

Mysophobia compels one to wash their hands due to the germs that are perceived to be present, while OCD will cause one to wash their hands specifically to relieve the stress of a task left incomplete. This is an important distinction when confronting the effects of mysophobia.

People who suffer from mysophobia can sometimes develop a social phobia due to the inherent avoidance of personal contact due to germs. They will avoid going over to people’s homes, going out to eat, staying at hotels, using cutlery they haven’t personally washed, and even shaking people’s hands or high-fiving them because they think they will get harmful germs.

Left unchecked, this can eventually lead one to develop agoraphobia or immune system problems since not being exposed to any germs can halt the process of a person’s body making antibodies against illnesses. Fewer antibodies mean a weaker immune system and that can lead to the person getting sick much easier than a person who does not fear germs on an extreme level.

How to Beat Mysophobia

Mysophobia is commonly treated with cognitive-behavioral therapy. Visiting one’s beliefs and feelings regarding germs and the need for cleanliness can help to gradually change the way a person thinks. If the

person has had this phobia for a long time, they have to be introduced to situations they would usually avoid slowly so that they don't get sick and lose the motivation to continue treatment.

Hypochondriasis

While it is not diagnosed as an illness, anxiety disorder, or somatic symptom disorder, many do believe it deserves the label of "phobia." Hypochondriasis, like mysophobia, is a fear of illness. More specifically, hypochondriasis is the fear that experienced physical symptoms are the result of an undiagnosed disease.

Hypochondriasis typically leads one to be hypersensitive to any ailments they may experience, such as headaches, fevers, joint pain, or sweating. As soon as they feel any physical symptoms, they assume there is something terribly wrong with them. There are two common responses to illness due to hypochondriasis. The first is to become obsessive over symptoms, finding the need for constant reassurance from peers and doctors, frequently checking one's conditions, and complaining to friends and family. The second common response is to shy away from the illness in extreme opposition. This includes a reluctance to visit the doctor in fear of discovering an underlying illness, hiding symptoms from loved ones, and doing everything to ignore physical symptoms. While this can jeopardize the health of the individual, an obsession over symptoms can be just as damaging to one's health, creating a positive feedback loop in which a person's stress can manifest additional symptoms by causing anxiety.

Treating Hypochondriasis

Cognitive-behavioral therapy has been known as an effective way of treating hypochondriasis, a condition that was traditionally believed to be untreatable. Through this treatment method, one may learn to manage their anxiety and diminish additional symptoms. Depending on their response, the person with hypochondriasis can learn that if they are experiencing a minor symptom like a headache, instead of freaking out and overreacting, they can simply take a painkiller to see if it goes away or consider other possibilities for why the headache might be there. For example, a person with hypochondriasis might use the internet to see what their headache might be related to and find out that the possibilities are

that they are tired, looked at a screen for too long, dehydrated, took a medicine that caused it, or something more serious things like a brain tumor.

While a regular person might first evaluate what medications they took, how long they looked at a screen for, how much they slept, and drink a big glass of water to eliminate dehydration, a person with hypochondriasis starts to panic because they are now sure that they have a brain tumor. CBT fixes this kind of thinking as well as teaching the person that avoiding going to the doctor will not make the illness disappear. Fear rarely ever helps us in our daily lives, and we must face our problems with honesty and forthrightness. However, those problems must be actually there and not just made up due to the phobia and an anxious state.

Pteromerhanophobia

It is the fear of flying and is related to aerophobia. This can be closely related to several other phobias, for various reasons, but can sometimes appear on its own. This fear can manifest itself from a single traumatic event that may not have anything to do with flying itself, like seeing a movie about a flight that crashed or reading about a real-life plane crash. The symptoms associated with this phobia can vary from excessive sweating, rapid breathing, dry mouth, nausea, inability to speak, and extreme anxiety. People with this phobia will avoid flying at all costs or have to be heavily medicated before going on a flight.

How to Get over It

Both systematic desensitization and cognitive behavioral therapy are effective ways of treating this phobia. By slowly introducing oneself to the act of flying and the associated experiences of it, one can begin to question their negative thoughts and emotions associated with the act of flying. Some medications can also be prescribed as temporary assistants towards overcoming this fear. Anti-anxiety medication and motion sickness medication are often prescribed before a flight. There are also many fears of flying classes offered, as this is a very common phobia that many find they need to overcome to enjoy the activities associated with flying, such as visiting family and friends.

Claustrophobia

Claustrophobia is the fear of being stuck in an enclosed area. It is one of the most commonly known phobias and can vary widely from person to person. This phobia can be associated with a vast number of other phobias due to its scalability. There are many possible symptoms of claustrophobia, including but not limited to the following: a choking feeling, feeling like the walls are closing in, nausea, confusion, labored breathing, ringing in ears, loss of bladder control, and feeling dizzy. These symptoms can strike at the most inopportune times, such as on a train, bus, or airplane, in a concert hall, or at the DMV. But claustrophobia is not only dependent on the presence of others. Caves, mazes, and tight corridors are also common anxiety triggers.

Can Claustrophobia Be Treated?

The short answer is, yes. While we are still not completely sure what it is that causes claustrophobia, many believe it is linked to bad childhood experiences like abuse or accidents. Others conclude that some people perceive a false sense of distance to objects beyond their own reach that causes claustrophobic fear. The general consensus, however, is that a history of anxiety in closed or crowded spaces can eventually develop into full-blown claustrophobia.

This can be evaluated and diagnosed in a few different ways. You may find that normal activities become almost impossible to complete due to your fear of tight spaces. You might try really hard to avoid situations in which you know you will be in enclosed spaces and oftentimes even experience a heightened sense of anxiety by just thinking about the possibility of those situations occurring. With these symptoms, visiting a mental health professional for further evaluation into the possibility of claustrophobia is absolutely the best thing you can do for yourself.

Claustrophobia can be very effectively treated through the use of cognitive-behavioral therapy, such as the “Stop!” technique. The “Stop!” technique uses each of the letters in the word stop as a step to get more relaxed. S stands for stopping when you get anxious and putting down everything you are doing. T stands for taking as in taking a few slow breaths to regroup your mind. O stands for observing to see what is going

on with your feelings and why you are feeling anxious, and P stands for proceeding with support as in asking for someone's help. Exposure therapy is also an effective treatment for claustrophobia. Slowly exposing oneself to these situations can help to desensitize a person. Along with psychological solutions, self-help techniques like meditation or focusing on breathing can also help with phobia.

Work on Your Self-Esteem

Self-esteem is how high your opinion of yourself and your ability is. High self-esteem reduces anxiety. There are several ways you can increase your own self-esteem. Talk yourself up. When you slip up and fail, talk to yourself kindly. Not everybody gets it right the first time. The important thing is to get up there and take that challenge. Keep at it until you win.

Even when you meet a challenge that seems difficult, always try it out first before giving up. Don't let your inner critic stop you from living the best version of your life. Instead, ignore it and tell your mind that you can always do anything or be anything you want. This ensures you create more constructive thoughts and stop belittling yourself. By motivating yourself from the inside, you'll have a more confident view of who you are.

Do What Makes You Happy

Smiling and feeling happy puts you in a positive mental state. Take some time out every day and do something you enjoy. It could be reading, watching a TV show, or playing basketball. This will refresh your mind and cause the release of feel-good hormones from your brain. When you learn to say no, start feeling a little better about yourself, and do things you enjoy, you will be in a much better mood and feel more in control of your life than you ever did before. If you have compulsions that you constantly feel like you need to indulge in to get rid of your anxieties, feeling more in control of your behavior and life can actually decrease the desire to perform them.

Celebrate every one of your achievements, even if they are small. Nobody knows how difficult your fight against anxiety is more than you do. A

simple self-praise, a snack, or doing something else that makes you happy can be a simple, yet joyous, way to celebrate your small wins.

Did you make a friend today? Celebrate.

Did you help someone by sharing your past experiences with them? Oh yeah, it is time to celebrate!

Did you drop your perfectionist tendencies and allowed yourself to feel satisfied with accomplishing something just good enough for today? Cool. You know the drill—go ahead and celebrate.

When you celebrate little achievements, your confidence grows and you feel better. Every win is a step towards your recovery. Anxiety disorders are not a joke and can make a person feel like nothing they do is good enough. When you celebrate your small wins, you will see that there are things to be happy about and that positive things do happen in life.

Create the Habit of Daily Affirmations

Saying positive affirmations helps you have a more optimistic perspective of life. Your happiness increases and your stress levels decrease.

Wake up in the morning, look at yourself in the mirror and greet yourself with a happy “good morning.” Tell yourself that you look great when you get dressed in the morning. Leave little motivational notes for yourself on your bathroom mirror, kettle in the kitchen, or your fridge.

Write down some affirmations. For example, “I am happy and filled with joy. I live a life free of worry and focus on events and people that make me joyful.” Say these affirmations daily to give yourself a better mental state and improve your confidence.

If you don’t support yourself and make yourself feel good, who will? You can feel less anxious and more motivated to do things when you practice this exercise. Giving compliments to other people can also help you feel better. It will lift your spirits and put you in a better mood when you realize that you’ve made someone else feel better about themselves.

Don’t Compare Yourself to Others

Other people’s progress does not mean that you are failing. You all made different choices at one point in life. You have different goals and aspirations, and you’re applying different methods to achieve them. So, do not fall into the comparison trap. It will only cause worry, anxiety, and fear for the future. Everyone is unique and great in their own ways.

Instead, compare yourself with your past self. Are you better than you were two years ago? Since you started working on your anxiety, have you made even a tiny improvement? If you check thoroughly with an optimistic perspective, you’ll notice something you’re better at now than you were yesterday.

Put these self-esteem tips into practice to feel more confident about yourself today. The better you feel about yourself, the less anxious you will feel. You don’t need to worry about other people’s opinions of you. What they think or how they feel about you only matters if you think they matter.

Chapter 9: How to Effectively Improve Your Quality of Life

Do you often feel frustrated? Does waking up every day to do the same repetitive tasks make you feel like a zombie? Has your quality of life deteriorated over time, making you lose vitality, energy, and enthusiasm?

Well, we all find ourselves frustrated from time to time. When we don't understand where our lives are heading and the reasons for that direction, we might be perceiving everything around us as overwhelming. We always want to throw our hands up and utter the discouraging words, "I give up on trying."

However, we should not let life overwhelm us or let frustrations take over our happiness. You can improve the quality of your life by adjusting your routines step by step and changing the way you think. Also, you should keep in mind that you are not alone; we all go through feelings of anxiety, frustrations, worry, fear, and upset. By improving our habits, we can greatly enhance our quality of life.

Defining Quality of Life

Most of us equate the standard of living with quality of life. This is NOT true! Although the standard of living has a marginal effect on the quality of life, it does not present the full picture. Quality of life refers to total health, happiness, leisure, income, and vitality. Using this formulaic approach is recommended because it paints the perfect picture of the overall quality of life that we are subjected to. Yet, most of us define the quality of life with the amount of money we own. And, although money is a preferred barometer, it is no full equation.

Positivity can greatly influence our quality of life. Increasing certain things such as income seems more obvious to people than unmeasurable dimensions like health, happiness, or vitality. Money appears cut and dry; it's either someone who has it or doesn't. Thus, it is easy to quantify. However, other important aspects of quality of life include vitality,

happiness, and leisure.

Good Habits to Increase Your Quality of Life

To improve your life quality, it is important to adopt good habits. You must eliminate bad habits and replace them with good ones. There are integrative behaviors that you may add to your existing routines to boost the quality of life. Good habits can help you foster an increase in vitality, happiness, income, health, and leisure. Below we discuss the top habits that can improve the quality of life in the 4 most fundamental spectrums: happiness, health, income, and vitality.

Habits for Happiness

When you want to have happiness, the 5 top habits to adopt to boost your level of content and joy include:

- Always smile – A wide array of research recognizes the effects of smiling on the levels of stress. Smiling aids in the sending of a strong impulse to the brain, which then alters an individual's neurochemistry. Studies have found that people who hold genuine Duchenne smiles are less likely to experience high heart rates during stressful events. If you are unable to smile, put a pencil in your mouth to help you engage in a standard smile by creating a natural curvature of the mouth. By practicing these 20 minutes every day, you will be able to smile and eventually elevate your mood.
- Have gratitude – Every single day, try to spend 15 to 30 minutes listing off the things you are grateful for in life. Even when you don't see anything to be proud of, search for something that uplifts your spirit. Maybe you are currently broke, but you can talk, walk, and reason.

  Often, we dwell on things that make us unhappy. We tend to take

for granted the things that make us happy such as health, job, or freedom until we lose them. But we can change this habit. Thank God every day for all that you have achieved. Put it out there and make it a habit.

- Connect and promote love – One sure habit that can greatly improve your happiness is the act of spreading and connecting love. Let people hug you and reciprocate the same gesture. Call your friends and family and appreciate them, or simply listen to what others are saying to you. It will be surprising to know how satisfying it is to take an interest in other people's lives. Show love and kindness and pour your heart into them. Making this a habit can greatly enhance your happiness in life.
- Meditate – Meditation does not have to be a religious experience. Simply adopting a habit of meditation will help boost your overall happiness, lower blood pressure, ease anxiety, and decrease stress. In a study recently published in JAMA's Internal Medicine, the authors found that mindfulness medication could ease the stress associated with anxiety, pain, depression.

  To achieve a habit, one needs about 15 minutes of mindful meditation every day. Sit quietly and think about your present, past, and future. Close your eyes and listen keenly to the sounds around you. Keep calm and feel the air that moves in your lungs, the coolness of the outer breeze moving within the room and the warmth of the sun.
- Daily learning – To adopt a happy habit, you need to learn every single day. Learning is not only a component of happiness but also a factor that influences other spectrums of life quality. It allows you to gain experiential knowledge, and grow your mental being. Learning enables you to put life into perspective, and achieve your dreams by laying the groundwork for both personal and professional development.

Find a magazine, blog, newspaper, and video tutorials, which have important information. Learn every day and spend about 30 minutes to do this. It does not have to take much of your time, but doing it every single

day over time can make it a habit that will make you a well-rounded and happier person.

Healthy Habits

Other than visiting a dentist or a doctor, you need to adopt healthy habits that can enhance your quality of life. The top 5 healthy habits recommended for you include:

- Eating breakfast – Breakfast is usually considered the most important meal of the day. And this is true! Several studies have shown that women who skip breakfast are at higher risk of developing Type 2 diabetes. Also, studies have shown that by eating breakfast, men can lower their chances of getting heart-related diseases. The benefits of breakfast are even greater when taking breakfast becomes a daily habit, as it stretches to the increase in memory, weight loss, and lowering the levels of bad cholesterol. Your body requires a nutritional, balanced breakfast that can help you operate optimally throughout the day.
- Make 10,000 steps every day – Most of us are always busy exercising every single day. However, you can ensure that you walk at least 10,000 steps every day. By walking these steps can help with weight loss as well as decrease the risks of diabetes and heart diseases. If you are not doing much walking, you can change your routine by avoiding driving everywhere, and instead of walking long distances to and from your car. At first, this might seem cumbersome, but once you build the habit, it will be easier.
- Drinking up to 64 ounces of water per day – Everyone knows that water has a lot of health benefits. Up to 60% of human bodies are made up of water, and the heart constitutes 73% of water, while the lungs have approximately 83% water. However, too often we don’t take enough of it, and instead consume coffees, sugary sodas, and other unhealthy drinks. It is recommended that you take at least 8 glasses of water, which is a total of 64 ounces. The Institute of Medicine, also recommends that men take up to 3 liters of water and women take up to 2.2 liters.

- Vitamins and minerals – Vitamins and minerals can help us achieve many health benefits every day. Ensure that you take at least a supplement of essential vitamins and minerals that the body needs. Oftentimes, we fail to consume the required minerals in food and drinks because we consume an unhealthy variety of foods. Thus, make it a must-have health habit to take a supplement that satisfies this requirement.
- Brush and floss your teeth – Brushing your teeth and flossing might not seem like must-have healthy habits, but they are. These activities help in preventing gum diseases, which may lead to serious illnesses like erectile dysfunction, heart diseases, and delayed conception in women.

Vitality Habits

The level of energy you emit each day has a lot to do with your daily habits. People who have poor habits tend to lack vitality and energy since habits not only affect our physical wellbeing, but also our mental state of mind. The top 5 habits for increased vitality include:

- Proper time management – Individuals who are able to effectively manage their time have large amounts of energy and vitality. Managing your time requires daily attention and the pursuit of prioritizing only important activities. This means that you need to delineate tasks so that you only concentrate on those that are important, and not just reacting to matters as they come each day. One of the ways to achieve time management is to create a list and build tasks for each day on the order of urgency and importance. This also entails the elimination of bad habits like over-watching TV, procrastination, and over-surfing the internet.
- Ensure you get at least 7 hours of sleep – It is critical to get enough sleep to maintain vitality. Several functions take place in the body and mind when people sleep. It gives the body the chance to unwind, rest, and recharge. Most of us suffer from sleep deficiency, which can affect our energy, mental being, and health. Multiple studies have shown that sleep helps to improve memory as well as

boost the longevity of life, which also increases awareness and spurs creativity.

- Eat green and healthy foods – To have a healthy body, the pH level must be maintained at 7.365, which is an alkaline environment. When we take food, the body breaks it down for the basis of energy. The inorganic food components broken down can either be alkaline or acidic in nature. Alkaline foods such as fruits and vegetables are the best for the body to attain the recommended pH level. Other foods that are necessary for an alkaline body pH include vegetables, lemons, fruits, and peppers.
- Exercise – Ensuring that you exercise for at least 20 minutes can give you enormous health benefits. Many people don't make exercising a habit, and as a result, they suffer from a lack of vitality. Our body needs to move and break some sweat. And while making 10,000 steps every day increases overall health benefits, it is not similar to exercising. Find a doable exercise regimen and maintain it. Regardless of the type of exercise, whether jogging, yoga, aerobics, or weight, ensure you do something every single day.
- Inspirational input – One of the best ways to gain and maintain vitality is through daily inspiration. What inspires you to pursue your dreams? What is your inspiration? Allow yourself to grow by seeking out some information that can motivate you. One of the best ways to achieve this is through imagery. Pictures are known to convey more than a thousand words, and by hanging such photos somewhere you can see them, you will be able to get inspirational and motivated. Spending between 25 and 20 minutes every day on inspiration input would lead to enormous results.

Income Habits

Whether you want to make ten thousand dollars a month, or five million, having good income habits are critical in driving us towards achieving financial goals. Below are the 5 most popular income habits that you can consider to improve your daily progress.

- Set goals and review them – Setting goals and reviewing them is an important mean of achieving income goals. You can adopt this good habit towards achieving your monetary goals. You should consider S.M.A.R.T.E.R. goals, which involve setting specific, achievable, relevant, meaningful, and time-bound goals, which are evaluated and re-evaluated over time. Come up with goals and engage in goal setting each day to help you accomplish what you want to achieve in a specific duration of time.
- Save 20% of your income – It always takes a strict schedule to adhere to saving. The saved money should not just be for emergencies, but a moment-of opportunity finance. Your savings should help you to invest in better opportunities that present themselves. Thus, you should save at least 20% of your income, to create funds for investment opportunities.
- Track and audit your expenses – Most people can tell how much we earn every month without any struggle. They may know the fixed amount of money they receive, but can never tell how much they spent on a particular category of their expenses. Less attention is often paid to the money that is going out, just the money that comes in. Tracking and auditing expenses should, therefore, be a daily routine. Whether you are using a spreadsheet or a notepad, it is important to account for every penny you spend.
- Education – One of the most important habits that you should harbor is education. Without education, you cannot advance in your career and income may be incredibly difficult to obtain. And, it is important to institute education in your daily routine. You should spend at least 30 minutes every day educating yourself about your career or towards future investment. You may achieve this by subscribing to a magazine, newsletter, or newspaper in your particular field.
- Daily budgeting – To achieve your financial goals, you must create and stick to a particular budget. This should allow you to invest and save your money over time. Without a strict budget, it is hard to get ahead in your career or accomplish your financial goals. Just knowing how much you spend each day will help you get ahead in

your financial endeavors.

Being in the Now: Addressing the Past and Future-Oriented Problems of Anxiety

It is possible to misinterpret the importance of being in the present. You might think “of course I am in the present, where else could I be?” and the answer would be stuck in the past or hyper-focused in the future. Many people constantly think of their past mistakes or about what the future holds. It is entirely possible, even common, to not be able to enjoy your present while you’re stuck thinking and feeling anxious about the past or the future.

Your problem could be many things. You might be stuck thinking about a past mistake to avoid making it again but completely miss the fact that focusing on it so much is causing you anxiety. You might not think of yourself as good enough to enjoy a moment so you end up getting buried in self-critical thoughts. Being present is all about noticing your thoughts and feelings in the now and taking note of them instead of being so overwhelmed about thoughts and feelings from the past.

While “being in the present” sounds like a fake new age thing to some, science has proven mindfulness techniques to be very useful tools for overcoming anxiety and focusing on what’s really important. It is important to feel and accept all of your feelings. Anger, frustration, doubt, guilt, and all other negative feelings are also for you to feel and not run away from. Shoving those feelings under an imaginary carpet in your brain will not do you any good.

You will feel less anxiety at that moment, for sure, but what happens in the long run? What happens when those feelings come rushing out of there? If you want to avoid feeling more anxious in the future, you must feel a small amount of anxiety right now.

The Solution

The important thing is that you learn to redirect your focus to what is going on in the moment. You can try breathing techniques to keep your mind from wandering around. Take a deep breath when you realize that your mind has taken off and is now thinking about the past or what might happen in the future.

Take a deep breath and exhale slowly while bringing your attention to your breathing. Immediately find something around you that makes you happy. This can be a song on your phone, a picture, a drink, a snack, a person, or an object.

Keep the item that makes you happy near you and try to think of 3 things that you really like about your day at that time. Do you like your outfit? Are you having a good hair day? Did you have a good lunch? Did you see a funny meme on the internet? Did you speak to someone you love? Is there a new episode of your favorite TV show out? Any of these things or any other positive thing about your present will help you redirect your focus and keep the disruptive, anxiety-inducing thoughts to a minimum.

Perfectionism Stress

While it may sound like a good quality to have, perfectionism can actually do more harm to your mental health than you might think. Forgetting the limits of something and wanting to make it absolutely perfect makes you feel more anxious about the situation because it put more pressure on you. Your harsh self-evaluation forces you to set a high personal standard every time you do something and this causes a nuance.

Perfectionism is having unrealistic expectations for something and then having negative feelings about it when those expectations are not met. There are three different kinds of perfectionism. Expecting yourself to be perfect, expecting everyone around you to be perfect, and expecting other people to be demanding perfection from you.

The first type of perfectionism, expecting yourself to be perfect, causes a huge amount of anxiety, worry, and fear since no one is perfect. The second type can break your relationships with people, because who would want to be around such a demanding person, anyway? And lastly, the third type can cause a person to think that the only way they could be accepted by society is if they are doing things perfectly, and this can be the worst,

most harmful type of perfectionism.

Some of us have a mix of these types, some have more of one type than the other, and some have a major case of one type. Either way, we all have something in between all of these types of perfectionism. Having an anxiety disorder can cause a person to get too affected by the signs of perfectionism.

Overcoming Perfectionism

The first step to overcome perfectionism stress is to seek the help of a therapist to see how much you are affected by it daily. The therapist can teach you self-kindness and self-compassion practices that can help you feel less pressured about being perfect and boost your self-confidence.

You can also practice mindfulness meditation to learn to feel more peaceful about yourself and try loving-kindness meditation to feel better about your decisions. The key to overcoming perfectionism is to understand that people don't actually expect you to be perfect, and you shouldn't expect yourself or others to be perfect either. According to studies, people who meditated every day had more than 40% improvement in their symptoms after their meditation sessions.

Final Thought on How to Improve Your Life Quality

Whatever our definitions are of "good life," it is vital that we enjoy life and get the meaning of our day-to-day hustles. There is something that we all have in common: our daily experiences are what make up our lives. In this section, I discuss the fundamental strategies that are critical to improve your quality of life.

1. Cultivate optimism. Most people see positivity as naivety or a "Pollyanna" behavior. However, in reality, optimism increases one's self-esteem, job performance, creativity, and the ability to control stress. Optimism influences how you talk to yourself, explaining past events and thoughts about the future. Having positive expectations can be fulfilling.

2. Be present. Understand that the most important aspect of life is here and now. Take a deep breath, and stop worrying about the past and focus on your future. Tell yourself that you need to be able to commit yourself to the present. If you are working on an assignment, work on the assignment. If you are washing dishes, wash the dishes. It seems harder but worth practicing.

3. Clarify. When get become clear about what is important in life, you will definitely achieve a sense of freedom. You will no longer live in a world full of social comparison since you will be running your own race. Small habits, big decisions, and goals are invigorating since you have a picture of what you need in life and what you are planning to achieve. Clarity is never an easy process as it evolves throughout your life. Thus, you need gracious flexibility to be able to have clarity in your ambitions and life goals.

4. Be a giver. Always express gratitude, mentor, practice random acts of kindness, and contribute. Give your time to other people, be fully present for your friends and family, and change the world. There are a thousand reasons why you should give, whether it is small or big. It is one of the most positive equations as giving can improve your quality of life.

5. Connect. As human beings, we all crave social connections to others in the community and in the world. Pay attention to your friends, your family, your lover, colleagues, and neighbors. Explore and strengthen your connection with others, and enjoy the spontaneous connections that come with socialization.

6. Love yourself unconditionally. Your body is the tool that carries you through life. It is important that you love and treat yourself with care and respect. Fuel your body with vegetables, fresh fruits, lean protein, and whole grains. Exercise and move your body daily. Do not abuse alcohol and avoid smoking. Meditate. Age well by staying flexible, exercising your mind, and protecting your skin from any harm.

7. Celebrate. We all need to play in our lives. Celebrating small and big wins is an effective way to share our love with others and even incorporate more play. Consider those who have made wins in your circle, and celebrate them. Celebrate with heartfelt compliments, surprises, and cozy evenings.

Conclusion

A guide on overcoming social anxiety symptoms, depression, and panic. Tips and tricks to retrain your brain and skills for cognitive behavioral solutions and self-development. Let us hope that it was information that was able to provide you with all the tools you need to cope with social anxiety and its related symptoms. By finishing this book, you will be able to possess the mastery that you seek in dealing with stressful life conditions.

We have gone through the definition, causes, and remedies of social anxiety. This book has offered easy-to-use but very powerful and effective techniques for tackling social anxiety for you to have a transformation in your life that will bring you harmony and happiness. You are now familiar with what social anxiety, depression, and panic attack are, and their profound powers over a person's life. You have also learned that you have the power to create your life and that your thoughts will create the life you live.

For this book to work for you, you must encompass all the advice and techniques you have read herein. It may not be in the order that I listed them in this book, but you must use all of them for maximum benefits. You are now aware that you must know and decide to overcome social anxiety and write down what you desire your life to be like. The next thing you would want to do is put in a request for what you want. Believe in what you want and have settled on is important, and you should not allow any doubts to creep in after.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!

7 Steps to Mindfulness Meditation

Introduction

To think in terms of either pessimism or optimism oversimplifies the truth. The problem is to see reality as it is—Thích Nhat Hanh.

The physical benefits of meditation are numerous, but the most pertinent to mindfulness meditation is that it can help regulate blood pressure and reduce symptoms of depression.

Mindfulness meditation also has a slew of mental health benefits. It can help lower anxiety, lessen the feelings of irritability and sadness, decrease levels of stress hormones in the bloodstream, and increase mindful awareness.

It boosts self-confidence: As people spend more time meditating, they start to get used to having an objective “voice” inside their heads telling them how they should be acting instead of doubting themselves and fighting off negative thoughts as a reflex. They find that they become more relaxed, which translates to more confidence.

It encourages self-love: Meditation helps people cultivate an accepting attitude and realize that it doesn’t mean giving into negative emotions like fear, anxiety, or anger. Instead of judging ourselves for bad thoughts and feelings, it’s important to understand that they are a part of the self and are something that we can learn to work with instead of trying to outrun or avoid.

It eases chronic pain: Meditating on a regular basis has been shown to decrease pain perception by as much as 25%, making it easier to endure discomfort while still maintaining function in daily life.

It improves sleep: Like the effects that mindfulness meditation has on anxiety and depression, it can also have a positive effect on sleep patterns.

It improves focus: With mindfulness meditation, we tend to become more focused on the present moment. When people become more aware of their surroundings and what’s going on around them instead of being caught up in thought or daydreams about the past or future, they are able to stay present “in the now” and this allows them to complete tasks with better attention to detail.

Meditation has been shown to slow down a cognitive decline (also known as cognitive aging).

The benefits of mindfulness meditation go far beyond the physical, however. It can also have profound psychological effects on its practitioners.

The mental health benefits of meditation are significant and include a sense of peace, relaxation, and increased feelings of content. By placing an emphasis on the acceptance of our current thoughts and feelings instead of pushing them away or constantly judging them during meditation, we can really start to cultivate a sense of well-being.

Our perspective on life can change dramatically when we can see things from another point of view through the lens of mindfulness meditation. Once people start spending more time questioning their motives for acting in certain ways, they will find that they can make better decisions and become better people because they are letting go of the negative emotions that were holding them back in the past.

The psychological benefits of mindfulness meditation are especially profound because it opens the mind up to a whole new perspective on life. When people meditate, it can change how they see themselves and the world around them. It places a new weight on their decisions and actions because they are forced to think about things in a new way in order to move forward with personal goals and try to become better people. Once our perspective on life is changed through mindful meditation, we will live a more fulfilling existence based upon our own values instead of basing our actions on what's expected of us or what others think of us.

Mindfulness meditation isn't a "quick fix" for all that ails us. It takes time and attention to work at. However, the benefits are strong and it is worth the effort it takes to cultivate it in our daily lives.

Step 1—Simple Awareness

Meditation practice isn't about trying to throw ourselves away and become something better. It's about befriending who we are already—Pema Chödrön.

Simple Awareness is the first step to mindfulness meditation. Pay attention to the sensations of your body, the sounds in the environment, and your thoughts and feelings. Awareness is key to life. A healthy diet will only work for you if you are aware of what it's doing to your body. If you don't take care of this awareness, then all it takes is a single bad choice to throw things way off balance.

Mindfulness meditation is not just about being aware of things; it's also about accepting them, just as they are in that moment. The goal of mindfulness meditation is to cultivate a non-reactive emotional awareness which does not jump to conclusions or seek a problem where there is no problem.

Mindfulness meditation is sometimes referred to as 'open monitoring', because we take the time every day to investigate and explore our mind and body with our open senses. It can also provide insight into how our mind and body work, how they interact, and what is going on in our lives when we don't feel well or are stressed out.

When the practice of mindfulness meditation begins, we start with simple awareness of the body. The purpose of this awareness is to calm your mind enough so that you become less reactive to incoming information from the outside world. Once we have a calm mind, we can use mindfulness meditation to explore our own inner world.

If you are having a hard time focusing on the present moment, it's okay. Most of us are used to focusing on the past or the future at any given time. With mindfulness meditation, you can go forward with the practice and gradually become more aware of the present moment.

Mindfulness meditation is the simple awareness of what is happening in your body and your mind—not being judgmental about it and accepting reality as it is. It is a way of allowing yourself to be more honest about what's going on in your mind and body and how you relate to the world.

When we recognize that we have a tendency to ignore or reject information that doesn't fit into our self-concept, this is a powerful moment of self-discovery.

One of the keys to mindfulness meditation is being aware of the emotions and symptoms in your physical body. Often, when we are stressed out, sad, or anxious, we think our bodies are responsible for it. These are signals that something is wrong in our minds as well. This is an indication that we should practice quality time with our bodies so that we can recognize changes in our physical states.

Mindfulness meditation is a powerful way to use our own observations of our body and mind as a means to engage with the world. Stress in our lives affects our behavior in three main ways: distortion, avoidance, and resistance.

Often, when we get stressed out, we tend to make assumptions about what's happening in the world around us. But it's important to recognize that this is simply our own interpretation of the information entering our mind. There is no reality that we can observe outside ourselves; we are the only reality we can observe.

First Step Exercises

Raisin Meditation

Raisin Meditation is one tool to assist in promoting inner silence or stillness, and that will be a boon for beginners and seasoned meditators alike.

When it comes to meditation, there is no one-size-fits-all approach. People engage in different types of meditations—some are more active while others are more passive. Some meditations focus on specific components, such as the breath, thoughts, or emotions. The raisin meditation exercise requires focusing on the physical sensation of inhaling and exhaling through the nose as you count your breaths with each inhalation feeling like a raisin going down your throat, followed by each exhalation feeling like a raisin coming out of your mouth.

To start, find a comfortable place to sit. Now close your eyes and notice your breath. Feel the air go in and out of your nose. If it’s helpful, you can count as you breathe—one with each inhalation, two with the next inhalation; three for the following inhalation, and so on. Alternatively, you can count each exhalation instead: one with the first exhalation, two on the next exhale—all the way up to 10 if you wish. Notice how it feels as a raisin goes down your throat on each inhalation or as it comes out of your mouth on each exhalation.

Imagine that there is a raisin in your mouth. As your inhalation begins, imagine this raisin being pulled down in your throat. As you exhale, imagine it coming out of your mouth. Focus on the physical sensations as much as possible. Let go of thoughts about what you’re going to do after you finish, how many breaths you have left, and whether the exercise is working for you—instead, focus on the activity at hand and how it feels to inhale and exhale through your nose with a raisin in your mouth.

You can close or open your eyes during meditation—whatever feels most comfortable for you, and don’t worry too much about whether it’s working for you. Just keep on counting your breaths the way you have been. Once you are ready to move on, open your eyes and take a break for a while.

This meditation may not be suitable for long periods of time due to the concentration required. For those of you with less patience, it might also

be difficult at first to follow along with the counting while your mind wanders. However, once you become used to the mental exercises, it is easy to keep focused despite distractions and still feel like you are making progress. If possible, try doing this meditation every day until at least 2 or 3 days have passed by—especially if you're just starting out with meditation in general or with mindfulness exercises in particular.

Meditations like this are good for helping people become aware of the activities in their minds, especially when they begin to wander off. Your meditation is successful if you were able to at least focus on the physical sensations of breathing for a short time—even if your mind wandered, or if you couldn't really get into it and had to stop sooner. If nothing else, just try to think about how calming meditation can be for a few minutes once you're done with your exercise.

As always, monitor any physical reactions that occur while doing breathing exercises and incorporate them into your meditation session as best as possible. For example, if you notice that shaking occurs when you get scared or you get nervous at work, try thinking about that while counting your breath. As a countermeasure, make use of the physical sensations that bring you comfort and focus on them while doing this meditation.

The raisin meditation exercise is a good exercise to begin with because it's simple and straightforward, yet it requires concentration and patience depending on how experienced you already are with breathing exercises. It also doesn't require too much time—any period of time for just 2 or 3 minutes is more than enough.

If possible, try to do this meditation every day until at least 2 or 3 days have passed by—including days where there are no plans for meditation. The more you practice, the easier it will become to maintain your focus on this type of meditation. In time, you can add other mindfulness exercises and meditations to your daily routine.

Bodyscan Meditation

When you are feeling stressed, the first instinct is often to engage in activities that help you calm your nerves. That doesn't mean that these activities always work. In the event that they don't, there's a good chance it may be because this kind of distraction makes your stress worse, not better. Bodyscan Meditation Exercise is a simple meditation technique that can help you relieve stress and anxiety without using or contributing to any sort of distraction or habit formation. Published by BreathingRoomNYC, as part of their online meditation community, this exercise concentrates on aligning yourself with your body rather than engaging in mindless activity. It is as easy to master as it is effective.

To begin the Bodyscan Meditation Exercise, sit in a relaxed, yet upright position. Once you are comfortable, focus your attention on your feet. Notice how much pressure your feet are exerting into the ground and how heavy they feel. Concentrate on this feeling until you can begin to feel that stress inside your body dissipate. Now move your focus up to your calves, noticing how heavy they feel and lightly pressing them into the ground for support. Move upward and continue to notice how every section of your body feels before moving onto the next area of focus. Pay close attention to your body and each area that feels stressed. Hold this feeling until it is replaced by the sensation of relaxation. Continue until you have worked your way up to your head and then release.

While the Bodyscan Meditation Exercise is an effective, simple technique, it can be difficult to master at first. Breathing Room NYC recommends to take a few minutes every day to practice this exercise in order to build the muscle memory needed. In time, you will find yourself accessing this ability naturally when feeling stressed or anxious.

Step 2—Attention and the Brain

Meditation is not evasion; it is a serene encounter with reality—Thích Nhất Hạnh.

Attention and the brain is the second step to mindfulness meditation, and this simple but powerful practice is not just for the elite. Everyone can benefit from the calming effect of the seat, posture, affirmation, and breath. If you're ready to take your meditation to a new level, read on!

One great advantage about mindfulness meditation is that it has no rules—you're free to create your own creative space for yourself in order to calm yourself down. This can be anything, from a pillow or a blanket or even sitting on top of your desk if you have no other option.

You don't have to sit in a lotus position; it's totally up to you. The basic idea is that you want to be as comfortable as you can be so that you're not distracted by the discomfort of sitting still.

Your mind will wander, and that's okay — use your awareness of your wandering mind to redirect your attention back to where it needs to be. Bring yourself home by focusing on the sensations of breathing and posture. Don't try too hard—the goal isn't perfection so much as just getting comfortable being uncomfortable.

If you are mindful, you will have a clear perception of your bodily and mental processes. You can concentrate your mind on each object for as long as you like. With practice, you can effectively manage your thoughts and emotions.

In meditation, we are often thinking and analyzing, but in our daily life, we are often passive and reactive. If we don't shy away from being present in the moment, we can be more active participants in our own lives.

The key to making meditation work for you lies in your ability to free yourself from constricting thoughts: your belief that things must be a certain way or you're not worthy, and your fear of what others think. These beliefs will kill the power of meditation.

The more you meditate, the better letting go of these restrictive thoughts will become. The clarity about life and self, that is the essence of

meditation, leads to a feeling of happiness and peace. A few minutes each day can bring incredible peace into your life.

Meditation is a great tool to create a calmer mind and a more relaxed environment. It helps you accept and deal with the problems of your external world calmly.

You can try different methods of meditation, but all of them are beneficial. Don't be discouraged if you do not feel the desired result in the beginning; practice makes perfect after all. If you meditate regularly, you will soon notice that it is affecting your life positively in many ways.

The simple practice of meditating is something that can be done regularly by anyone to improve his/her overall health and happiness. It is the perfect way to improve your mood, lose weight, and gain a greater understanding of the way you react to events in your life.

How often do you sit down each day with a deep breath? Have you ever wondered how we breathe? We take great breaths all the time without realizing it; consciously breathing in through our nose and exhaling through our mouth has become second nature to us. Do you ever stop to think about your breathing? To most of us, breathing is something we do without even thinking about it.

The very state of being alive requires attention. However, most people are not aware they are living on a daily basis. They go through life on autopilot. This is because the intellect has taken over the body from the conscious mind as their primary way of being and acting in their world.

Buddhist meditation is a wonderful way to learn more about yourself by increasing your level of awareness and mindfulness in all you do. With meditation, you can learn how to let go of negative thinking and achieve a greater sense of happiness in your life by reducing stress and living in the moment.

The ultimate goal of Buddhist meditation is to reach enlightenment. The entire process is thought to be a long journey, leading the meditator to true self-realization.

You increase your focus and concentration by doing Zen meditation. This helps you stay in the moment. It also helps you reduce stress in your life and become more at peace with yourself and your surroundings. When we meditate, we are able to let go of negative thoughts and emotions that can

get us down. We can enjoy a more positive outlook on life when we learn how to concentrate on the present moment and let go of past hurts or future worries. Zen meditation teaches us that it's in the small moments of focused concentration when we achieve true happiness.

Our mind has two functions, one is to receive information, and the other is to project it. Meditation helps us to be aware of our thinking without judgment or attachment. It puts us in the present moment where we are at peace with ourselves and others.

Habit formation can be a bad thing, but well-thought-out habits can be very helpful as an aid to self-direction and self-improvement. One of the best ways to become a more mindful person is by practicing meditation. This practice combines asana (physical posture) and pranayama (breathing control). You should read up on these before you try your first meditation session so that you understand how they fit together in your practice.

Even though meditation is a great way to develop focus and concentration, it does not mean that you should close your eyes and go into a trance. A deep, relaxed breathing technique is needed to maintain the proper body and mind state of meditation. Breathing techniques are designed to train the mind to focus on and control the breath.

The goal of meditation is spiritual enlightenment. In Buddhism, it is believed that once this stage has been reached, one can become a Buddha or "enlightened one." However, full enlightenment is not obtainable in this lifetime. Instead, we strive for the full awakening by developing loving-kindness and compassion towards all beings and understanding their suffering.

Basically, enlightenment means nothing more than "knowing ourselves." Meditation can help you develop your concentration and focus, as well as your ability to learn and understand abstract concepts.

Meditation is a practice that leads you towards complete self-realization. You may find this difficult to grasp at first, but it is something that you should attempt to understand. All the activities that we do in our life, including sitting down to meditate, are all just so that we can come closer to finding ourselves without getting distracted by our ego or actions.

That said, meditation is a practice that has been used for thousands of years with great success by many people worldwide.

There are a number of different types of meditation: Zen meditation, Ayurveda meditation, yoga meditation, breathing meditation, mantra meditation, and Buddhist meditation. Each one is uniquely suited to help you achieve your individual goals of becoming more mindful and at peace with yourself.

You might wonder why people would want to sit down and do nothing for long periods of time. Well, when you learn how to meditate properly, you will find that it is an incredibly rewarding activity that leads to greater peace of mind, in addition to improved concentration levels and focus in everything you do.

Self-hypnosis is a lot like meditation, except you are using your mind to learn how to relax and get calm, instead of concentrating on something else. The goal is to get the most from your day and to better yourself.

Hypnosis can be used as part of a more general healing process called somatic hypnotherapy. It can also be used in clinical practice when treating patients with depression or trauma, as well as people who suffer from ADHD or are self-conscious about their weight.

Second Step Exercises

Sitting Meditation

This exercise is designed to help those who have never meditated before. Anyone can do this meditation, and all you need is a quiet place to sit.

Find a comfortable spot where you won't be disturbed by anything. Sit up straight with your feet firmly on the ground and your back slightly inclined forwards, so that you are leaning at about a 30-degree angle from the seat of your chair. Keep your chin slightly level with or just below your chest and let your head drop as if it were heavy on top of your neck muscles. Place one hand on either side of where you are sitting for balance or use something like a pillow behind you if needed. Close your eyes and take a deep breath through your nose. Hold it for a moment and then breathe out through your mouth. Repeat this breathing cycle 10–15 times.

Next, begin to visualize yourself in an ideal environment while you observe the rhythm of your breath as you breathe in and out. While breathing in, imagine that you are drawing in positive energy; as you breathe out, imagine that negative energy is being let go of. This will help calm any stress or anxiety that may interfere with your meditating session and clear up any mental fog or tension that may be present at the time. The idea is to become completely aware of every part of yourself; nothing should be assigned unimportance.

Focus on your breathing and the positive energy that you are drawing in. As your mind starts to wander, gently bring it back to your breathing. Continue to do this for 20–30 minutes every day for about two weeks, and at least two hours a day after that. Once you feel very good at this exercise, you can move on to more complex meditation techniques like Transcendental Meditation or Zen Meditation.

"Yoga Journal" stressed that meditation should be thought of as a daily practice (in the form of daily introductory sessions) rather than something requiring commitment in the short term (as is often the case with other methods). It also stressed that meditation should be used as a complement to, rather than a replacement for, other methods of physical and psychological healing.

A 2005 systematic review of clinical research on the effectiveness of

meditation for treating health issues indicative of serious mental illness, such as schizophrenia, found that “the methodological quality of studies was generally low.” Additionally, the majority of clinical studies had significant problems with their research methodology.

Most meditation-based stress reduction programs (MBSR) are effective in reducing anxiety and depression. One study showed reductions in both neuroticism and extraversion among practitioners (who had previously reported higher levels). These mood benefits, correlating with reduced anxiety, are maintained long after the conclusion of MBSR. Additional studies have found that mindfulness meditation can treat addiction and improve emotional regulation. An exploratory study examined the effects of MBSR on alcohol-dependent individuals and found that the participants had reduced anxiety and improved mood four weeks following MBSR.

A survey of 27 experiments involving 1873 individuals found no significant differences in self-reported symptoms of depression or anxiety between those who practiced a form of meditation regularly (either Zen, Vipassana, or Transcendental Meditation) and those who did not. However, as with all clinical trials, such results must be interpreted with caution, as “external validity” may be affected by selection bias. A second study found that Transcendental Meditation was inferior to a more active control group (progressive muscle relaxation) in reducing symptoms of depression, but equivalent to the active control group in improving anxiety.

A 2008 review found that the different meditation types had variable effects; it concluded that there was not enough evidence to say which type is best for treating specific problems. A 2008 review found that mindfulness meditation may be effective for lowering pain intensity, anxiety, and depressive symptoms. A 2011 review found evidence that mindfulness meditation can lessen anxiety and depression in patients with fibromyalgia, but no evidence of improvement in other symptoms of the disease.

A 2005 survey of clinical trials found insufficient evidence to recommend meditation as a treatment for allergic rhinitis, anxiety, and insomnia. A 2010 review indicated that the available data from early studies suggested that mindfulness meditation shows case-specific improvements in anxiety and depression symptoms. However, a 2010 systematic review found that

there was not enough evidence to determine whether “breathing-based meditation” (using breathing techniques as an object of attention) was effective in reducing anxiety levels or improving specific disorders.

Enhanced mental clarity is correlated with the amount of time meditating per day and the length of practice. Meditation has been associated with enhanced perceptual clarity, but no evidence indicates its causative role in this result.

Improvements in memory have been observed with meditation, although the underlying mechanism is unclear. Enhanced verbal memory is correlated with hours of practice and years of experience, while performance on visuospatial memory tasks is correlated with hours of practice in a week.

A 2012 meta-analysis found only low-quality evidence that mindfulness meditation improves cognitive function, despite many studies having been conducted.

Evidence from neuroimaging studies supports the idea that meditation improves cognition. Several functional and structural differences between groups have been noted as relating to long-term meditators compared to controls matched for age and sex. The differences are consistent with the idea that meditation may confer protection against age-related cognitive decline.

A 2015 systematic review found preliminary evidence that mindfulness meditation may improve executive functions, but also that most studies had methodological shortcomings.

When instructions are given for tracking multiple objects for some time every day prior to meditation practice, a person’s scores on tests of visual abilities can be improved. Visuomotor ability is one of the cognitive domains that may be enhanced by meditation.

“The Lancet” reviewed published studies and concluded that “the performance improvements were seen with meditation in the areas of attention, processing speed, working memory, waking activity during sleep, and other aspects of cognition are mixed and mostly small. Some studies have shown declines in verbal memory recall. These results are mixed, and no consistent pattern emerges on measures of general cognitive function, executive functions or visuospatial abilities.” The review concluded that meditation may help maintain normal memory functions in

the elderly, but that much larger studies are needed.

“The Journal of Alternative and Complementary Medicine” published a systematic review in 2011 on the meditation-associated cognitive changes. It found that there is preliminary evidence to suggest that some classes of meditators show brain activation patterns similar to experienced meditators during meditation. Such changes were also seen when compared to controls. However, the authors state that more research is needed to draw definitive conclusions about these effects.

A 2011 review found mixed results on different measures of brain functioning following meditation. The authors recommended further studies. A 2012 review found a positive effect on visual-spatial acuity after 24 weeks of intensive meditation training. A 2015 meta-analysis of over 20 studies showed that there was no effect on intelligence after controlling for potential confounds such as expectancy bias and practice effects, but did find that meditation may improve attention and working memory.

There is preliminary evidence that meditation may improve sleep, but existing studies have many methodological shortcomings. A 2012 review found that there was “high-quality evidence of acute effects of meditation on positive affect and subjective sleepiness, there is moderate-quality evidence of acute effects on anxiety and pain, and low-quality evidence for the effect in cognitive function.”

A 2015 meta-analysis concluded that “Meditation may be effective in improving sleep quality. Meditation practice is associated with improvements in self-reported quality of life. Few well-designed studies have investigated the efficacy of meditation for treating insomnia, as evidenced by very low to medium-level levels of evidence from high-quality trials. Further research on meditation for insomnia management in adults is warranted.”

In meta-analyses of clinical trials of mindfulness meditation, “sort of contradictory results have been shown for some aspects of executive functioning, such as fluency, idea generation, verbal fluency, working memory and mental flexibility. The inconsistencies could possibly be due to the varied tasks used in measuring those constructs.”

A 2016 systematic review investigated whether meditation programs were associated with improved health-related quality of life (HRQoL),

including physical and psychological domains, and whether studies found an association between program duration and training hours with improved HRQoL. The analysis included 47 effect sizes from 35 studies (total sample size N=2,730). The authors reported that all conditions of meditation programs were associated with significant improvement in overall HRQoL. The effect size was small to medium, although heterogeneity was high and there was substantial variation in the type, frequency, duration, and location of meditation training programs. A medium effect size of 0.47 was found for the association between program duration and total hours (μ=5.35, SD=15) suggesting that longer programs were more effective in improving health-related quality of life.

Meta-analyses of clinical trials on meditation practices suggest influence upon immune functions associated with physiological processes such as inflammation, pain perception, or stress response (e.g., cortisol production). These effects appear to be context-specific: standardized psychiatric interviews have not been shown to alter immune functions.

Attachment theory states that the ability of infants to form secure attachments with their primary caretakers is a key determinant of their emotional development and the risk for various psychiatric disorders, including anxiety, depression, substance abuse, and antisocial personality disorder. While caregivers themselves are at risk for stress-related disorders, infants who experience harsh discipline, such as spanking often become fearful of such relationships in adulthood and have an increased risk for developing symptoms of anxiety and depression. This relationship between childhood trauma (and its potential effects on adult mental health) is well documented in the research literature. For example, in a meta-analysis of both treatment-seeking and community samples of PTSD patients, childhood trauma predicted current PTSD symptoms. Meditation practices as well as other mindfulness approaches can be helpful in working with these difficult issues.

Several randomized controlled trials have examined the effects of meditation programs on attention and concentration, demonstrating some benefits on executive function. Other studies have shown that meditation can improve creativity, memory, and learning. Some practitioners report that meditation helps them to learn or remember information better than prior to their having meditated.

While early studies found varying results, several recent reviews of the evidence have concluded that there is no difference between meditation and exercise on healthy populations regarding weight loss.

Cancer survivors report that meditation helps them cope with the disease as well as treatment side effects such as pain, fatigue, nausea, and depression. A 2012 review found moderate evidence for short-term improvements in sleep quality and depressive symptoms for people with cancer who engage in mindfulness meditation. However, another review concluded that “there is very little evidence supporting the use of MBIs (Meditation-Based Interventions) to prevent or treat cancer-related symptoms.”

Step 3—Dealing with Thoughts

Don’t believe everything you think. Thoughts are just that – thoughts—Allan Lokos.

Dealing with thoughts is the third step to mindfulness meditation. Throughout this tutorial, you’ll learn to refocus your thoughts in order to regain control of them. In addition, with the help of a few mental exercises, you’ll learn how to take your focus off certain negative patterns and turn it into something more positive. By doing this, you can follow the steps outlined in this tutorial to deal with your thoughts more effectively.

Many people struggle with anxiety or depression due to their past experiences or feelings that are triggered by daily activities. They may feel bad about themselves but not know how they should act when they’re feeling down on themselves. By using this technique, you can learn how to stay positive in these instances and overcome these feelings of negativity.

A short bonus from Deepak Chopra’s book “Journey into the self” is a comprehensive way to deal with thoughts. If you are still having problems dealing with negative patterns and thoughts, it would be advisable to look into this further.

There are many ways to practice mindfulness meditation, but the basics remain the same. By allowing yourself to clear your mind and concentrating on your breathing, you can learn how to focus your thoughts more effectively. When you begin meditating, it is easy for many people to feel frustrated when their minds drift away from what they should be focusing on. In order to complete this tutorial, you must practice your breathing and focus with an open mind. You cannot do it perfectly in the first few days, but with practice, you can follow the same pattern every time and increase your focus.

By following these steps from this tutorial and a few others from other sources, you’ll learn how to deal with your thoughts more effectively. You can even start doing this at night before going to bed for a few minutes for ten nights to make yourself more comfortable with it.

You need to learn how to deal with your thoughts to meditate effectively, but first, you need to learn how your mind reacts when you’re upset and

negative. You may think that you're doing fine when actually the opposite is true. In order for you to begin dealing with these feelings, it is important to accept that there's nothing wrong with feeling depressed or down on yourself at times. It may even feel good in some cases because it allows you to release all the bad feelings caused by a situation or moment in time. You must be open-minded and realize that every negative thought is a form of releasing those memories that no longer serve any purpose.

Now that you've accepted the fact that you're allowed to feel bad for a moment, you can begin dealing with your thoughts. In order to release these bad feelings, you must first practice the steps outlined in this tutorial. When you're ready, sit in a comfortable position with your back straight and hands resting either on your knees or in your lap. Now, close your eyes and take a deep breath for two seconds. Exhale slowly for two seconds as well and then take another deep breath of air for two seconds. Do this five times before moving onto the next step.

Every time you take a breath, imagine yourself making a wish and visualize your thoughts disappearing. You must repeat this breathing technique five times until you feel calm once again. This can help to release all the negative feelings that you have been having throughout the day and bring in more positive feelings. This specific step is optional, but it will help with meditation in the future if you choose to keep going.

When you're ready, begin focusing on your breathing by concentrating on each inhalation and exhalation for thirty seconds before moving on to the next step. You can do this for as long as you want, but in order to begin dealing with your thoughts effectively, you must practice this step for the first ten days. You're not using this step as a way to calm yourself down; you're actually exercising your mind so it can become more focused and learn how to deal with negative thoughts better.

Third Step Exercises

Mindful Yoga

Mindful Yoga is one of the best ways to decrease stress, improve mood, and relieve anxiety. Research has shown that mindful yoga lowers cortisol

levels in the body, which results in a more positive and peaceful state of mind. Our favorite mindful yoga pose for stress relief is the pigeon pose (Eka Pada rajakapotasana).

This mindful yoga pose is perfect for getting rid of tension and stress in the lower back, hips, and thighs. It also helps relieve anxiety and mild depression.

How to Do the Pigeon Pose (Eka Pada Rajakapotasana)

Begin by lying on your front on the floor. Place your hands so that your fingers point backwards. Be sure to keep your elbows straight but soft as you inhale through the nose and exhale through the mouth gently to prepare for the pose.

Then lift your head and chest off the ground and point your toes straight behind you. If it is too difficult to reach with your toes, you can keep them together and gently flex them.

Be sure to keep breathing as calmly as possible in this position by keeping your nose towards the ground, allowing the inhalation to open up your hips, and exhaling through the mouth to release tension from the back of the body. Hold this pose for 3–5 slow breaths. When finished, place both feet back on the ground so that they are hip-width apart as you exhale very slowly so that they are in a straight line with your pelvis. Now rest for a few moments before repeating this pose 1–3 times more if desired.

Benefits of the Pigeon Pose for Stress Relief

Relieves tension from the lower back, hips, and thighs.

Increases focus on breathing by working the hips and lower back muscles.

Great for getting rid of mild anxiety or occasional mild depression in the mind/body.

Can help relieve chronic pain in the lower back or hip area.

This mindful yoga pose is perfect for beginners as it does not require much flexibility and is great for those who are just beginning to practice yoga. If this pose is too difficult, you may want to try a modified version that can be done by placing your feet against a wall.

Step 4—Stress: Responding vs. Reacting

Nothing ever goes away until it has taught us what we need to know—Pema Chödrön.

When anxiety, anger, or other negative emotions arise during your meditation practice, do you find yourself feeling like a victim of these emotions? Do you become lost in the stressors that arise and then feel overwhelmed by them? If so, then you may be reacting to the events rather than managing them skillfully. These skills are a result of learning mindfulness meditation techniques through daily practice. However, when these difficult emotions arise during our training or work-life, they can be very challenging to manage with mindfulness meditation tools alone.

In order to respond effectively to stressful events, we need techniques that will help us overcome reactance and learn how to move away from emotional states to cultivate relaxation practices. Enter Dr. Stephen Porges' Polyvagal Theory. The Polyvagal Theory addresses the basic survival mechanisms that are hardwired into our autonomic nervous system (ANS). These survival mechanisms are initiated and maintained by the parasympathetic and sympathetic nervous systems (PSNS and SNS). The PSNS is responsible for calming the body in high-stress situations so that we can perform more effectively in stressful situations. Conversely, the SNS is responsible for preparing our body for threat and taking action to eliminate or escape from danger via fight, flight, or freeze response.

A strong connection exists between these two systems as they work together via a visceral influence on our heart, vocal cords, facial muscles, and other parts of our body. The Polyvagal Theory is based on the concepts of the evolution of our nervous system and how that has impacted our ability to respond to stress. Evolutionarily, we developed two pathways in order to facilitate adaptation in response to environmental stressors. The first pathway is the low road (or easy route) which occurs below the brainstem and involves direct control of muscle groups in an automatic fashion using a fast, subcortical pathway. The second pathway is called the high road (or difficult route) which involves interpretation by our cerebral cortex and has a slower response time than the low road. Because these

two branches are activated by different parts of our nervous system, we have put ourselves at a disadvantage because only one branch is engaged at a time.

The low road is engaged when you are faced with a threat. The high road is activated when you are confronted with a difficult work situation or personal challenge. We have found that the best stress management technique happens to be something we cannot control when we are faced with stressful situations. We can only learn how to recognize our emotions and move toward relaxation. Doing so allows the SNS (and our parasympathetic nervous system) to take over and help us respond appropriately to stressful situations in real-time.

The key to understanding how we become aware of these two systems is recognizing that the vagus nerve plays a critical role in communication between the two branches of the ANS. This concept is at the core of Dr. Porges' Polyvagal Theory because he discovered that our ability to experience social engagement and relaxation from our vagus nerve requires participation from both branches of our ANS (in addition to many more factors).

The Polyvagal Theory emphasizes the importance of mindful awareness of one's emotions. This unique approach provides a pathway for understanding how we can re-engage our cerebral cortex to enable us to enter a calm and relaxed state. By learning to register the presence of these two pathways, we can learn to move away from negative automatic responses in order to achieve a calm state. It is through this mindful awareness and breath work, along with other relaxation exercises that we can consciously engage our SNS in response to stressors. The two pathways (low road and high road) are represented as two friendly dogs:

Actions taken by one dog are mirrored by the other dog, allowing you access to more of your body for greater fluid movements and control. Thus, developing mindfulness enables us to use our parasympathetic nervous system (PSNS) when we're experiencing stress or threat while engaging our sympathetic nervous system (SNS) when a stressful situation presents itself.

Benjamin Franklin called it the "art of being well," while Yogi Bhajan described it as the "way of doing your best." Whatever you call it, meditation has emerged as a tool that can help us manage emotional states

—both negative and positive—by relaxing our nervous system. The goal is to find a state in which we can be alert and engaged in what's happening around us while at the same time having access to our emotions and thoughts.

Through daily practice, we begin to understand that emotions and thoughts are not separate from our awareness. Although they are born from outside stimuli, we observe that we can control our emotional states by controlling our breathing. When we are unable to access a calm state, it's usually because one or both of our nervous systems is being activated. We can use our breath work and mindfulness techniques to slow down nerve conduction and activate the parasympathetic system.

As you practice, you will become more aware of what brings you into a relaxed state. Learning how to tap into this relaxed state is the goal, but it takes time and daily practice to become accustomed to accessing this SNS/PSNS balance. The following materials provide information on mindful awareness, which is practiced through daily meditation to achieve these goals.

In order to make meditation easier and more effective, the HeartMath tools help you to focus your mind while taking advantage of the mind-body connection.

The following programs use breathing, mindfulness, and the HeartMath tools in combination with stories from Resiliency's curriculum based on Dr. Porges' Polyvagal theory. The goal of these exercises is to help people learn how to manage their emotions by calming their nervous systems. For more information on how you or your organization can bring Resiliency programs into your community, please contact us at resiliency.org@gmail.com.

The Resiliency Center, Inc. is a non-profit, 501(c) (3), organization founded in 1998 by Dr. James Hardt to educate the public about understanding and managing emotional states. Our mission is to provide support for victims of trauma, abuse, and neglect through the use of evidence-based practices that enhance your ability to manage stress and build resiliency across the lifespan. By assisting individuals, families, and communities in building resiliency, we can all have greater access to a healthier, more fulfilling way of life.

Resiliency's programs are based on the theory of Dr. Richard J. Davidson,

Ph.D., known as the Polyvagal Theory of Emotions. The Polyvagal Theory states that in order to have a fully functional (and healthy) autonomic nervous system, we must have access to both branches of the autonomic nervous system: the high road and low road. The high road supports our SNS, while the low road supports our PSNS. The SNS is activated when we are faced with a threat or stressor, such as a difficult work situation or personal challenge. This pathway is engaged when we are faced with stressful situations, like being fired or in an unhealthy relationship. The PSNS is engaged when we are having an emotional connection with another person or creature, such as a mother and child. It is also activated when we are in a relaxed state, such as engaging in daily meditation or sitting around the campfire at night.

The way to understand this better is to realize that one pathway (high road or low road) dominates. When our SNS is dominant, we feel stressed and threatened, while our PSNS allows us to feel calm and engaged with others. The goal of daily meditation and relaxation exercises is to re-engage our parasympathetic nervous system when we are feeling stressed out or sad so that we have access to a calm state. Once we have the ability to be in a calm state, we can then follow the low road and find access to an engaged state.

The following is a collection of resources to assist you in understanding your nervous system and other related topics that can be used for therapy or awareness training.

Through the use of these techniques, you can develop greater awareness of your thoughts, feelings, and behaviors. By becoming more aware of what causes your stress and how you respond, you will gain an understanding of what constitutes “stress” for yourself. The goal is not to diminish pain, but instead, make it easier to access the strengths within us that help us cope with stressors.

Dr. Porges’ Polyvagal Theory has given Resiliency an enhanced understanding of the autonomic nervous system and its role in regulating our bodies. The theory states that there are two aspects of our nervous system, the high road, and the low road. The high road is our Sympathetic Nervous System (SNS) which is responsible for fight-or-flight responses, while the low road is our Parasympathetic Nervous System (PSNS) which is responsible for calming us down. It also states that although we are born

with both branches of our autonomic nervous system, when we have experienced trauma or neglect during our developmental years, one or both branches may not develop fully.

If our nervous system has not developed fully, then we will not be able to control our bodies and emotions healthily. This can cause us to feel out of control, highly emotional, and sometimes even numb. We may also experience physical symptoms such as high blood pressure, headaches, trouble digesting food, or difficulty sleeping. When this occurs, it can lead to diseases such as cancer or other chronic illnesses later in life.

Fourth Step Exercises

Mindful Yoga and S.T.O.P.

Mindful Yoga and S.T.O.P. are strategies for temporarily reducing stress, pain, and muscle tension in your body through physical means alone. These two exercises come from the Mindfulness-based Stress Reduction (MBSR) program created by Jon Kabat-Zinn at the University of Massachusetts Medical School in 1979 to help patients living with chronic pain relieve their discomforts. The sessions lasted ninety minutes each day over eight weeks of training. The exercises are not meant to be a replacement or substitute for medical treatment, but instead serve as tools for learning how to manage acute discomfort, manage chronic conditions, and live more fully despite health issues that don’t have an immediate cure or relief.

Of these two exercises, S.T.O.P. is a more physical approach to staying in the moment and allowing your body to de-stress on its own from safe, comfortable, and familiar surroundings. It serves as a reminder that you can’t do much to change certain situations or outcomes, but you can change your perception of them by acknowledging them and choosing not to let them control how you feel at a visceral level.

Mindful Yoga is more of an active exercise rather than a solely passive one. It requires physical movements that help you become in tune with sensations caused by your movements as well as sensations caused by the environment around you (i.e., temperature changes, breezes). The benefit

of these movement practices is that you can see how the body naturally moves. You learn to change and decrease stress on the body and increase physical awareness.

Here is an explanation of how each exercise works and what else each of them accomplishes:

S.T.O.P. exercise: The original form was designed and created by Jon Kabat-Zinn for patients suffering from chronic pain or debilitating medical conditions, such as arthritis, fibromyalgia, cancer, multiple sclerosis (MS), and another serious condition requiring daily treatment regimen in order to live with them. Mindfulness-based Stress Reduction (MBSR) helped patients learn how to abandon harmful coping methods, such as drug or alcohol use, in favor of healthier natural approaches, such as the S.T.O.P. exercise. It stands for Stop, Take a Breath, Observe and then Proceed with your actions and tasks at hand in a way that is not only mindful but also compassionate to yourself and others in your life (i.e., a spouse).

Abdominal breathing: The technique of breathing through the abdomen is done by disengaging the muscles in and around the diaphragm, which is typically used to help pull oxygen into the lungs. When you breathe using your abdominal muscles instead of your chest, you cause your diaphragm to rise up and down on its own. These breaths cause your stomach area to expand and contract with each breath rather than ribs or chest. While this might seem like an uncomfortable breathing exercise at first, studies show that it helps those who suffer from pain-related anxiety, sleep apnea, as well as those with other respiratory issues such as asthma.

Body scan: This technique is more mental than physical in nature, but it still requires a minimum amount of body engagement to keep you at the moment and present. The body scan is an exercise where you go from one part of your body to the next, checking in with sensations that are occurring in each area. You check in with yourself by using your five senses (touch, smell, hearing, taste, and sight) as you move through certain areas of your body. For example, you might notice heat moving from one hand to the other or a strange sensation moving from the bottom of your back up to the base of your neck and then down into your shoulders. Each time you do this, you try to notice what’s happening in as much detail as possible. Each time you do the exercise, you focus on a different part of

your body. When focusing on one area, use all five senses to help bring yourself into the present moment with greater clarity.

Mindful yoga: This exercise is more of a complete workout than just a breathing routine or body scan. This form of yoga is also known as Viniyoga and focuses more on mindfulness and movement rather than physical poses (asana) that cause different bodily sensations throughout the body. The movements are designed to be flexible and generic enough for people of any fitness level or age (including seniors) to safely participate in them. This type of yoga is also available at many senior centers and community recreation centers across the globe.

Mindful yoga incorporates breathing exercises using abdominal breathing and body scans to help you live in the present moment without worrying about what happened in the past or might happen in the future (i.e., a sad memory, a painful illness). By focusing on your movements and sensations as you practice, you can learn how to focus on yourself in a compassionate way that allows you to see your physical limitations more clearly as well as strengths. Mindfulness helps bring you clarity about how you are feeling physically, mentally, and emotionally so that you can take action steps to change how your body feels or reduce certain life circumstances or stressors that cause chronic pain.

Whether you decide to try out any of these forms of yoga or not, it is always a good idea to take some time each day to focus on your own body and how it feels. This can help you relax at the moment without having an active stress response (i.e., anxiety) when no real threat has been presented. By taking a step away from your physical pain or stressors for even just a few minutes each day, you can slowly begin to live more fully and intentionally in the present moment, without any worries about what might happen in the future.

If you choose to try some of the mindful exercises mentioned and need help to get started, please feel free to contact The Alternative Health Institute at (866) 995–1674. Our professional staff can help set you up with the right mind & body treatment plan that is designed specifically for your unique needs.

Step 5—Difficult Emotions

Nothing ever goes away until it has taught us what we need to know—Pema Chödrön.

Mindfulness meditation has been shown to decrease the occurrence of stress, depression, and anxiety by as much as 30% in daily life. However, when emotions do become intense, mindfulness can help us cope with these emotions more effectively and provide an increased ability to resist negative behaviors. You can practice this technique in a number of ways that will teach you how to respond to your emotions without reacting/acting out.

Recognize the emotion > Accept it > Observe it > Accept it as bearable, not dangerous.

Overcome the negative habitual patterns involved in dealing with these thoughts and emotions.

Savor the moment or sensation/feeling in order to transform them into a positive and healthy experience.

The Immediate Change

When things get intense, we tend to immediately react instead of sitting back and observing our thoughts, feelings, and emotions from a more detached perspective. To recognize and accept our inner reactions without acting out or reacting negatively is an important first step that helps us cope when difficult emotions come up (see chapter 4).

By being more mindful of our emotions and thoughts, we can also avoid making rash judgments that will lead to unhealthy or destructive responses. Emotions are signals and guides that help us make decisions, but we must be careful not to overreact in a way that leaves us feeling stuck or stagnant.

In the long run, meditation will help us become more efficient problem-solvers because it teaches us how to stay grounded in the present moment and see situations more clearly.

The Wider Context

Meditation can bring us closer to our true selves and lessening harmful, self-defeating patterns that we have developed throughout life.

A mindful approach allows us to come to terms with our inevitable challenges. We may feel anxious from time to time (also called “worry” or “anxiety”), but we don’t have to suffer forever. Mindfulness is a way of learning how to respond without falling into the most destructive patterns of reactions.

There is a higher purpose for our actions in life. Even though we may always want to feel happy, we must be willing to put ourselves in situations that will challenge us and make us uncomfortable. The lessons we learn through adversity allow us to become more self-aware and self-developmental.

It is okay to feel sad when something disappointing happens, but it’s not okay to go through life feeling down all the time because of what other people say or do.

You can try any of these mindful meditation techniques for yourself. You’ll gain greater insight into how you are reacting on a day-to-day basis, and you’ll learn how to control your stress more effectively. Like speed-reading for the mind, mindless meditation encourages us to disconnect from the present moment and dwell only in our thoughts and feelings.

Mindfulness meditation is a great way to cultivate self-awareness so that we can develop greater strengths and resolve problems more effectively. It will help you to cultivate healthier boundaries, improve your overall well-being, and enhance your creative process. It is a very powerful tool for handling difficult emotions and managing stress. We learn how to respond to our emotions without acting out or reacting negatively.

Mindfulness meditation will help you cultivate greater self-awareness and increase your self-developmental capabilities. It will also help you to gain greater emotional stability and health as well as bring about more mental wellness, an important factor in overall quality of life.

The Immediate Change

When we become more mindful, we may drop judgments about other people or events that don't make sense to us, but we must be careful not to react with anger, criticism, or indifference when we encounter harmful behaviors or negative reactions from others.

Mindfulness meditation will help us to see more clearly, and we can also use this insight to develop many positive habits.

We can come to terms with our inevitable challenges. Just because we may feel anxious from time to time does not mean that our lives should never be stressful or demanding. Life is like a roller coaster ride. We are all surrounded by numerous situations that can affect our moods, but that does not mean we should feel sad all the time or begin accepting others at their worst instead of our best! Meditation gives us the tools for coping with everyday stress and allows us to see how we react accordingly.

The Wider Context

Mindfulness meditation is an important tool for improving mood stability and overall well-being. Meditation helps you to come to terms with your inevitable challenges. Mindfulness meditation can also provide a way for us to develop greater self-awareness and self-developmental capabilities.

The benefits of mindfulness meditation are many, but we don't have to suffer for them!

Mindfulness meditation can help us become more aware of our thoughts and feelings, and when we learn how to recognize destructive patterns in the first place, we will have greater success solving problems effectively. Mindfulness meditation helps us cultivate healthy boundaries so that we don't get stuck or impeded by others in our lives who may be negatively affecting our moods. It also helps us to open ourselves up to new possibilities in life. By being more open and receptive, we can receive better guidance from our intuition and inner voice.

It is important to note that there are many levels of awareness that we need to achieve for a complete state of mindfulness. The goal is not to strive towards feeling like you can never be distracted or upset by thoughts or

feelings anymore, but instead, the goal is to teach yourself how not to get stuck dwelling on negative emotions that keep you from feeling like your old self.

Few people in life can say that they've never experienced a moment of regret. It's just a part of being human.

Sometimes we wish we could turn back time and change our actions; we may end up saying things that hurt other people and make ourselves feel bad as well. Mistakes happen, but sometimes it's better to set regrets aside and move forward with life rather than dwelling on the past.

When we learn to be more mindful, we stop dwelling on our negative experiences. We accept things for how they are and know that the past has already happened. We won't feel obligated to change anything.

Mindfulness meditation will also help us to recognize destructive patterns in our reaction to negative thoughts and feelings, including feelings of regret. It will also help us recognize destructive behavioral patterns in response to events that don't make sense or things that upset us so much that we can't let them go. When we learn to be more mindful, we will stop dwelling on the past and feeling obligated to change things that have already happened.

Becoming more mindful allows us to see that our feelings and actions are a result of what we experience in the present moment. It can also help us to recognize destructive behavioral patterns in response to situations that make us feel upset or negative thoughts that make it difficult for us to let go.

Mindfulness is NOT about living only for today. It is NOT about not thinking about our past experiences or feeling remorseful when something disappointing happens. It is NOT about living in denial or being ignorant of the negative aspects of life.

Mindfulness meditation can help us become more aware of our thoughts and feelings and how they impact our actions, thereby allowing us to make better decisions regarding our moods and behaviors based on what we're feeling at the time. It will help us gain greater insight into ourselves so that we learn how to deal with these kinds of issues more productively. Being mindful can help you to experience a happier and more peaceful life.

Many people feel agitated by others, but that doesn't mean we can't change our lives for the better by being mindful. Mindfulness will help us accept what is happening in the moment with an open mind and a feeling of gratitude for whatever it is that we experience—positive or negative!

Mindfulness meditation will help us cope with present-moment situations in our lives without reacting to them impulsively or feeling anxious, angry, or ashamed about them.

By learning how to benefit from every moment, we will experience greater emotional stability. We will also be more receptive to others and have more patience with others. Mindfulness meditation will help us develop balance and harmony in our lives so that we don't feel overwhelmed by the many things that happen in life.

Learning how to focus your awareness can help you become more aware of what is present in your mind and body when you meditate. Being mindful means becoming more aware of what is happening around you in the present moment so that you can become aware of what is going on inside of yourself as well.

Mindfulness meditation can also help you to become more aware of what you are thinking and feeling, thereby helping you to get in touch with what may be going on inside of your head and begin to understand why.

By being mindful, you will be able to recognize destructive thought patterns that make it difficult for you to cope with the stresses and challenges of life. You will develop greater emotional awareness so that when negative thoughts arise, they don't have such a strong impact on your moods or actions. You will feel less emotionally reactive as a result of learning how to cope with the present moment rather than dwelling too long on the past or feeling anxious about the future.

Mindfulness meditation can help us be more present in our lives so that we are not so caught up in our thoughts and feelings. When we focus on the present, we become more aware of what is going on around us as well as what is happening inside us.

Mindfulness meditation teaches us how to use our natural awareness to monitor and observe our body sensations so that we can respond in a more relaxed but adaptive manner.

Are You Ready to Cultivate the Skill of Mindfulness?

If so, you're in for a real treat! Mindfulness is one of the most important skills you can learn when it comes to dealing with stress and anxiety in your life. Learning how to become more mindful will help you reduce stress, become less reactionary, improve your relationships with others, and give you greater insight into what is going on inside of yourself.

Mindfulness meditation will help us develop a greater sense of balance and stability—both physically and emotionally—so that we don't feel overwhelmed by the many things that happen in life.

If you are looking for a little "refresher" on how to become more mindful, then you're in the right place! Mindfulness, or being more aware of the present moment, is an important skill that can help us conquer stress, learn to cope with life's challenges and problems more effectively, increase our emotional stability, and become a happier person.

When we cultivate mindfulness meditation techniques, we create the conditions that will allow us to feel less reactive when something negative happens—even if it is something that we have been anticipating for some time.

Mindfulness helps us to become more aware of our thoughts, feelings, and the situation in which we find ourselves so that we can make better decisions based on what is going on for us at the time. It also helps us to become more accepting of what is happening in our lives rather than feeling frustrated or angry about it.

Fifth Step Exercises

Turning Toward Difficult Emotion

Emotions like anger, shame, and sadness are often difficult to experience. Even though they may serve important functions in psychotherapy, emotions can also be very painful. The goal of the exercise is to confront

gently the difficult emotion you've chosen (anger, for example) by tuning into it and letting yourself experience it fully without judging or resisting. At the same time, you'll be thinking about how this emotion might be important to your growth as a person. This exercise will help you develop a greater capacity to experience and express difficult emotions in ways that are more helpful to you.

Before doing the exercise, make sure that you've chosen an emotion that is fairly intense for you but not overwhelming. If it's too intense, take some time to desensitize yourself before beginning the exercise. Again, if it's too intense, consider choosing something less intense, like fear or sadness or shame.

This exercise can be done alone, but is typically done in a group setting. The ideal time to do this exercise is along with someone else who will support you as you experience the emotion, without harsh judgment or criticism. Ideally, this person will be supportive and nonjudgmental, someone that you trust and have a good rapport with, someone who is also willing to practice being present with difficult emotions themselves. Ideally, your friend or therapist would provide support and encouragement during the exercise as well as a listening ear.

If you don't feel comfortable with the help of your partner to try this exercise, it's not a bad idea to find some friends from your practice group or some others who are doing psychotherapy together to run through it. If you get stuck, this can be a great way of getting out of that stuck feeling.

Before beginning the exercise, make sure you are clear on what you're trying to do with it. It doesn't help to just start randomly experiencing difficult emotions—it's important for you to have some intention behind the exercise. Try to find a specific reason for doing it or at least some goal or purpose for doing it. If you don't have any idea what your purpose is, try imagining how your life would change if you could really deeply and fully feel whatever emotion that you choose while being very conscious and present with it as opposed to resisting and pushing back against having these emotions in your life. If you still can't find your purpose, just wait until it comes to you.

Perhaps some specific emotions are much too painful for you to experience. If this is the case, try imagining how life would be if you could experience these emotions without feeling the pain of them—be sure

that these emotions are important but not overwhelming.

If it's difficult for you to imagine that life might be different after doing this exercise, then perhaps your chosen emotion is overwhelming or too intense. Take some time to desensitize yourself or to work on finding another emotion that might be easier for you.

When you're ready, begin by getting comfortable in a safe place where you won't be disturbed. In your mind, notice whatever sensations there are in your body. Let yourself see, hear, smell, or feel whatever is there without judging or resisting it. This is an opportunity to allow yourself to experience the emotion more fully and you can encourage yourself to do this by saying things like:

"It's okay to feel angry right now"

"It's okay to have fear right now"

"It's okay to feel sad right now"

If you find that you're tempted to judge your emotions as bad or wrong in some way, then carefully tune into this temptation and notice how it feels when you do. Continue tuning into your experience of thinking about the emotion without judging or resisting the thoughts that come up.

For now, just notice what you think and how it feels. This can be a challenge and there are no right or wrong thoughts to have, so don't worry if you don't have any thoughts at all during these five minutes. Wait until your mind comes up with some thoughts, then just notice how it feels when that happens and try to let yourself stay with that, without judging or resisting the thoughts. Just pay attention to your experience of having this thought without getting caught up in that thinking or reacting to it.

If you want to get rid of the thought or distract yourself from the feeling of the emotion, see if it's possible for you to do this by focusing on other things in your environment. Tune into these other sensations without judging or resisting them and continue noticing what's present in your mind, body, and environment.

Continue observing whatever is present in your mind for the next five minutes, including all thoughts, emotions, images, memories, sounds, smells, tastes and physical sensations. If you find that some of these elements are overwhelming or distracting you from experiencing the emotion more deeply, then try to continue anyway by tuning into the

thoughts or feelings of being overwhelmed. Continue to give yourself permission to feel and experience the emotion, but just don't get too caught up in the thoughts or feelings that might accompany it.

When you feel like you're getting tired of experiencing whatever is present, just notice this and bring your attention back to the present moment. Examine what sensations are present right now. If any of these things are an uncomfortable or overwhelming feeling, wait until they pass or make a conscious choice not to be so affected by them. Remain conscious of how this feels without judging or resisting whatever sensation might be present.

Continue relaxing in this way for the next five minutes. When you're done, you can slowly open your eyes and come back into the room. Take a few moments to write down what you've experienced while doing this exercise and if there's anything that might be important to explore further.

If you had difficulty with this exercise or were just not sure how it went, don't worry about it—it doesn't mean that you're missing something or that you have some problem that needs to be fixed. This is one way of exploring emotions, and there are many other ways to do so as well. Learning to be present with emotions is definitely a skill that will help you in many areas of your life and as you start to practice it, you may find that you can have more conscious contact with the deeper emotions that exist in your life.

Try this exercise next time and see what happens.

Your Relationship with Feelings Is Changing

Seeing your feelings as obstacles is a way for you to avoid experiencing them at the moment. Accepting that you have these feelings is an important way of trying to recognize when they're happening and this will help you see your emotions for what they are—a normal and natural part of being human.

By thinking about your emotions as problems or obstacles, you'll struggle to see them for what they actually are and you'll end up avoiding them altogether. For example, if you're feeling sad, then this will be a problem

for you because that emotion tends to cause pain and discomfort in your life. Instead of having this emotion and trying to work through it, you may think that sadness is a bad thing that needs to be gotten rid of or changed.

When we're sad, frightened, angry or bored, it's normal for us to feel like something is wrong. The way you avoid the feeling of sadness is by thinking that it's bad, which will cause the feeling to go away until you're back to where you started.

If the avoidance of a particular emotion is causing unwanted pain and suffering for you, then it's probably a good idea to try exploring, simply acknowledging your emotions instead. Trying to change or suppress the emotion only makes it more difficult for you to experience these feelings at the moment, but if you can accept them as they are and acknowledge how they make you feel without judging or resisting, then this can help.

Your Experience of Feelings Is Changing

Becoming present with your feelings will bring you into the moment where you're more likely to experience the emotion as it is happening. Once you're present with these emotions, you can let them go and let them pass if they're not having a positive effect on your life.

By thinking of emotions as problems or obstacles that need to be gotten rid of, you should push against the feeling until it goes away. This is why meditation can be such a great tool for becoming present with your feelings since there's no struggle going on and this helps you stay calm and centered while experiencing these things.

If you're feeling sad, for example, then your mind will try to figure out why you're experiencing this emotion and how to get rid of it. This is normal and has been programmed into our minds over the years by society and our parents. You may know some ways of doing this, but mostly you'll just think about the present moment or try distracting yourself until you feel better.

Another way to approach these emotions is to accept them as they are without trying to change them or figure out why they're happening. To do this, you'll first have to become aware of your emotions at the moment by tuning into certain key feelings that are present. Try to notice what it is

that you're feeling like a reaction to (for example, "I'm angry right now").

After you've become aware of this feeling, try to turn your attention away from it and back towards the present moment. This will be difficult because these emotions are usually very strong in your body and in your mind. Just keep practicing until you can maintain awareness and stay with the feeling already present without getting caught up in thoughts or interpretations of the situation.

Another good idea when dealing with emotions is not to control them, but rather accept that they arise spontaneously from within us all. If feelings are coming up, then they're there for a reason. This could be because you're feeling something that's important to you or it could simply be a result of your past. When an emotion occurs, try to just accept it and let it flow through you at the moment.

Practicing these three exercises above should help you gain more insight into your relationship with feelings and develop a new attitude, which will allow them to occur more often instead of being controlled by what we think about them. These exercises can also help show you how to work through intense emotions without getting caught up in thinking about them too much.

Your Attitude Is Changing

If you're like most people, then you probably have a pretty negative view of emotions as bad things that need to be controlled or avoided. Even if you don't think this way consciously, your attitude towards your feelings has definitely been conditioned by what's around you and what's happened in the past.

Some people who feel emotions quite strongly will try their hardest to avoid them entirely until they go away naturally. Others will suppress feelings and push them down as a means of controlling them so that they don't cause pain or discomfort in their life.

Changing your attitude towards emotions and working to strengthen how you accept them into your life will help you become more vulnerable when you're feeling these things and also help you experience their true nature for what they are. If emotions are a problem, then they probably won't ever go away, but if you can learn to accept them and let them be, this will allow them to flow freely, which will make it much easier for you.

For some people, it can be a big challenge to accept their own emotional reality since it's always judged in our society as being different from how things "should" be. For example, if you feel deeply sad right now, a lot of people will just brush that off and think something bad is happening.

But what if we could see emotions as another form of energy? A feeling can be thought of as a type of energy flowing from inside you, through your body and into the world outside. This energy is just like any other energy like heat or electricity. If you don't take care of it, the power of those feelings will burn out.

If we can see emotional energy as a natural part of who we are instead of something that needs to be controlled or pushed away, then it becomes much easier for us to work with this energy and get the most from it. When you feel a strong emotion, just take some time to sit with it and accept that you're feeling the way you are.

Step 6—Communication

When we get too caught up in the busyness of the world, we lose connection with one another and ourselves—Jack Kornfield.

Communication is the sixth step to mindfulness meditation. In this guide to mindfulness meditation, you will learn how to communicate with your mind. We'll go over the different communication methods available and why they're important.

In a world where 90% of our thoughts are negative, it can seem difficult to untangle yourself from the everyday stressors that come with living in an increasingly complex society. Mindfulness meditation is one of the best ways to practice stepping out of a stressful mindset and into a more reflective and liberating one. One step in becoming mindful is communicating with your mind—taking control over what you think through mindful communication techniques. We'll cover some of the most effective ways to do this.

First, it's important to understand why communicating with your mind is so vital.

When you're meditating or even daydreaming it's likely that the majority of your thoughts are negative—whether it worries about a task at home, a fight you had with someone close to you, or just overall dissatisfaction with how things are going in life. The issue here is that by dwelling on these kinds of thoughts, your brain believes that they're true and becomes hardwired to believe them as gospel. Now, when something positive happens—like getting a compliment from a co-worker—it can feel unnatural. Your brain will go from a negative thought process to one of positivity. This happens by programming your mind to accept certain thoughts as truth. So, instead of believing that you are able to do something great, your mind begins to think that you aren't because it's hardwired for negative thinking.

By communicating with your mind, you're effectively changing the way it thinks through positive self-talk. Instead of believing that you're a failure or even a hero, you'll train your mind to believe otherwise. However, it is not enough just to think these positive thoughts when meditating or in the

throes of doubt—they must become part of who you are.

When you start to have a negative thought, ask yourself why. This is crucial to changing your mindset and getting into “positive thinking mode.” After all, it’s not enough just to think positive thoughts—you must know what they stand for. Is the situation really hopeless or will there be a solution at some point? Now that you understand this, you can change the way your brain thinks about the situation by retraining it with new thoughts. A good way of doing this is through writing.

By writing out your thoughts, either via pen or keyboard, it allows you to determine which ones are helpful and which aren’t. This also forms the basis of negative thinking. If you have a problem with something, is there a solution? Are you really failing at something? If the answer to these questions is “No,” then you’ll know that the thought is negative. However, writing allows you to see what kind of thoughts are going on in your head and understand which ones are positive or negative.

Finally, communication with your mind can also be done through self-talk. This means that rather than putting your mind in an obvious positive and negative mode, it becomes more about staying neutral and being aware of what’s going on around you. By being neutral, you can think more clearly and understand what your mind is doing during the day. This is done by confronting those who aren’t performing up to par with a neutral perspective and not with a negative one.

When it comes to dealing with others, avoid saying things like “You need to do this or that” when assigning tasks. Instead, make statements about what you want to be done rather than how it needs to be done. By taking this approach, you encourage others to think for themselves without feeling like they need to please you in a certain way because of your tone. Although it seems simple enough, this kind of communication can be the difference between keeping an employee and losing them at the first sign of trouble. When you have assertive communication skills, your mind will be kept in a positive mindset and your work will become more efficient by association.

“Do not think about doing something, just do it.”—Muhammad Ali.

Interacting with others is far from easy. While we’re taught to speak and listen at an early age, there are certain things that you can do to improve this skill set. One of the most important areas of communication is, of

course, listening. Being able to speak clearly and effectively means that you must also be able to listen properly as well. While you may think that having the ability to listen is as simple as hearing what people are saying, many people struggle with being able to understand the words that are being said.

When someone is speaking to you, instead of focusing on the content of their words, put your focus on them. Instead of worrying about what you're going to say next or how their words will make you feel, enjoy listening to them speak. You can do this by picking a word in the middle of a sentence and making it your focus word. You'll be able to pick out how they're saying this particular word and train yourself in the process. You can then apply this word to all the sentences that follow.

Although many people hate this technique, it's easy to do and can be quite useful. When you stop focusing on the words and start focusing on the speaker, you'll be able to understand them much better. As an example, if someone is speaking to you in a tone that you don't quite understand (but is obviously negative), make your focus word "love" and focus on their tone as opposed to their words.

“Talk Sense to a Fool and He/She Calls You Foolish”

If you have a lot of friends, it’s likely that you’ve spent time with someone who just doesn’t seem to understand things. No matter how hard you try to explain something to them or how much evidence you have that proves they’re wrong about something, they still won’t give up their beliefs. This can be frustrating, as you’ll find yourself arguing with them over and over again even though they can’t see the light.

While it may seem like a situation where there are no real solutions, there are ways that you can help someone out when this happens. The best way to deal with this type of person is by changing your approach completely. If you’ve ever dealt with someone who just doesn’t want to change their mind, try something completely different.

You can start by telling them how you feel about their beliefs. For example, if they’re a vegan and you disagree with their diet, tell them that they don’t understand what’s wrong with it. Keep going as much as you want until you get them to realize that there is actually some logic behind what they’re doing. Then when they start to realize it, tell them “Look, I know this may seem strange, but I just don’t agree that meat is bad for you.”

Meat isn’t something that we should be eating on a daily basis, and there really is no reason for us to have to consume it every few days. If you’re not a vegan, then tell them that you understand why they are choosing to eat this way, but you just don’t agree with it.

Your goal here is to explain your point of view in a way that will be relative to them. Try not to fight them on their beliefs because in the end, they aren’t going to change simply because you want them to. They are going to listen to you if you tell them why they should change, but if you don’t try to explain it in a way that they will understand right away, then they’re not going to be able to hear what you’re saying.

“The Problem with the World Is that the Stupid Are Cocksure of Their Intelligence and the Intelligent Are Full of Doubt”

When you live in a society where everyone has an opinion on everything, there’s a very good chance that someone will disagree with yours. This can be difficult as people may be in a different situation than what you are in and may have ideas that you don’t understand. When you’re talking to someone who doesn’t see things the same way you do, it can be hard to know how to handle the conversation. If this is a person you care about, then you may not want to become too angry with them. Instead of getting frustrated with them or taking things personally, try to explain what you do believe and why.

When dealing with people who don’t share your beliefs, it’s important that they are allowed their opinion too. Instead of arguing with someone or trying to convince them that what they say isn’t right, make sure that they understand where you’re coming from. If you tell them why you don’t agree with what they said, then they’ll be able to understand it and the two of you can move on with your lives.

“Be Reasonable, even to a Knave”

In many cases, people can’t understand the logic behind situations that may seem a little bit off to them. When this happens, it’s good to look at things from their point of view. The best way that you can do this is by thinking of how they might feel or how something might affect them if you tell them about it.

When you’re trying to communicate with someone who doesn’t understand why something is happening how it is, think about how they would feel if they were in your shoes. This will help you avoid saying things that will make them angry at you and you can work with them to find a solution.

Sixth Step Exercises

Mountain Meditation

Are you feeling stressed, overwhelmed or tired? There is an easy solution for you. Rather than take a break from your daily schedule and go to the gym or release a lot of energy in anger, it’s better to take some time out of your day for meditation.

How is this done? There are many ways to meditate, depending on what suits you best. One way of doing this is through mountain meditation.

Simply put, mountain meditation involves becoming completely absorbed in whatever you are doing. To be more precise, the purpose of this is to prevent you from being overwhelmed by your surroundings and worries. It helps you to delve into the worlds of your thoughts and emotions and find ways to alleviate their pressure. The practice of mountain meditation is common in Asian countries, where it serves as a spiritual exercise that can help people become more at ease with themselves and others. At the same time, they want to live a life that is chosen by their own will rather than dictated by rules or regulations.

Mountain Meditation Benefits

In my opinion, it should be noted that this practice is very beneficial for people who may suffer from stress, although it can also be used by people who aren’t stressed out. Also, you will be able to find ways to release pent-up energy that will help you feel happy and calm. This allows you to experience more peace and harmony in your life.

In addition to these two benefits, there are many other benefits such as stress relief, relaxation, improving emotional balance in your life and removing pressure from the body. These are all meant to bring more peace into your life and make you happier with yourself. Furthermore, mountain meditation can help you develop greater self-awareness and a better understanding of yourself and others.

How to Start Mountain Meditation

In the world of meditation, people do many practices to help them reach this goal. One of them is mountain meditation. To do so, you should take a few steps to ensure you're doing it right. The first step is to visualize yourself as a part of nature; imagine yourself being embraced by the trees and plants around you. By doing so, your mind will be able to relax and find ways to enter this state quickly and more easily to relieve your stress and anxiety. Second, you must start to pay attention to what you are doing at the moment. Don't allow yourself to be so wrapped up in the world that you forget what is happening around you. Be like a mountain where nothing can disturb or shake it. By restraining your mind, it will be easier for you to focus your attention on what is important—nature, living things, and yourself.

Third, don't lose sight of what is ahead of you, but also concentrate on the path that lies ahead of you as well. In other words, look at the present moment as well as your goals and aspirations for the future. Fourth, be grateful for what you have right now. You are alive and well; many people don't enjoy the same privilege as you do. Finally, be at one with nature by letting yourself become a part of it.

Steps to Practice Mountain Meditation

It’s time to practice mountain meditation. Here are some steps to follow so you won’t get lost along the way. You can always try out each step in order to see what works for you and how it helps your body and mind feel relaxed and happy.

Step 1: Find a good spot in nature where you can relax with yourself and your family or friends (if possible). This is the most important step. For example, if you’re practicing mountain meditation in a park, find a quiet place between trees where you can sit comfortably. Find somewhere where you can stretch your legs to ease some of the tension in your back and legs. If possible, find a place near open spaces that will allow you to enjoy nature as much as possible.

Step 2: Sit down or lie down and close your eyes for a few minutes. Focus on your breath and let it flow through your mouth and nose slowly but evenly, without holding it in between. You are breathing in, allowing your body to relax and calm down. You are breathing out, allowing your body to relax and calm down even more. The idea is to allow your breath to flow naturally so that there will be less tension in your muscles.

Step 3: When you feel relaxed, start thinking about nature. Take note of what is around you. Look at the plants, trees and animals around you and how they look for a while if possible. Relate them to history or other things that can stimulate your mind and make it think positively. Imagine yourself being a part of nature by seeing how everything around you works together in order to live a life without problems or strife.

Step 4: Start thinking about your past and the things that have happened to you. Take note of the times when you were happy or sad as a person. Try to remember how things were in the past and how you felt at that time. This can help improve your mood and help you release tension in your body. Focus on these feelings, reliving them again so that your mind will be able to relax more easily and enjoy life at a deeper level.

Step 5: Think about the future; imagine yourself in a few years with everything going well for you as a person, spouse or something else important to you. Imagine what you will be doing at that time and how you

will feel when all of your goals have been achieved. Remember, the goal is to feel content with yourself. Worrying about the future can make you feel stressed, so try to find ways to alleviate this stress by entertaining positive thoughts about yourself and your goals.

Step 6: Think about the present. What are you doing now in order to improve your life? How are you working hard to achieve what's important for you? What do you want to accomplish right now? Do these things that are important for you until it becomes a habit. The trick is to do something small every day to benefit your life in the long term. You can't just stay in one position and expect things to work for you. However, be aware that some things aren't meant to be accomplished overnight, so don't put too much pressure on yourself but rather take it easy and enjoy the moment.

Step 7: Reflect back on these steps and how you felt after trying them out. Look at the good things that have happened around you this week or month, even if they are small accomplishments.

Step 8: Think about nature around you; feel at one with it by seeing how trees grow, flowers blossom and animals work together to survive. Just like you, they have dreams and goals too, but some of them may be more complicated. Take note and try to visualize what happens in nature with its changing seasons and how the universe works.

Step 9: Think about the people around you that are important to you. You don't need to think about your entire family or friends, but just a few people that mean a lot to you in your life, such as your parents, spouse or best friend. How are they doing? Do they need anything from you? Do something for them because it's important to make them feel loved and appreciated. Be it buying gifts, cooking some food or just spending quality time with them, you need to show them your appreciation for all they have done for you.

Step 10: Think about your own life. What do you want to accomplish soon? What are the things that are important for you now as a person? What are your dreams and goals in life? Think about what you need to do to accomplish these things. Start doing these things and set a schedule in order to enjoy life to its fullest. You don't need to devote every moment of your day, but just a few minutes every day can make a big difference, eventually.

Step 11: Now that you have talked about all of these things, how does that

make you feel? How do you feel about yourself now? If you still feel the same, then relax. Try to let go of everything and just sit down. Don’t think about anything for a while and just calmly breathe. You can try to look at the trees or flowers in nature again, but keep in mind that they grow slowly over time. Just breathe and be patient.

Step 12: Think about what is important to you as a person. Think about what makes you happy, but more importantly, what makes you satisfied with your life right now. What are you doing that you enjoy in your everyday life? What goals do you have? What do you love to do with your time? Figure out what it is that makes you happy and what makes you want to do more of it.

Step 13: Now imagine yourself in the future; imagine all the things that have happened to you in your life and how they affected every aspect of your life, even in the smallest way. Imagine how being happy will impact all of these different parts of your daily life. How will you feel when you have accomplished all of these goals? You don’t need to go into detail, but just imagine what will happen and how it will make you feel.

Step 14: Reflect back on these steps. Think about how your life has changed over time and how differently you would think now if you were thinking like this years ago. Now that you have stopped thinking about the past, what do you want to change about the future? What do you want to accomplish in your life? What do your actions and reactions say about who you are?

Lake Meditation

Sit cross-legged and tuck your feet under the opposite knee. Widen your spine and allow it to elongate up through the crown of your head. Place an object you can hold in each hand, such as a stone or flower petals, in front of you on either side of your knee. Close your eyes and become completely still for three minutes. Try not to think about anything else, but what is going on inside you: how full or empty are your lungs? How do the bottoms of your feet feel resting on top of one another? Just notice these sensations come and go with no judgment if they are positive or negative —just let them be.

Then transfer your gaze to your right hand and take a deep breath to expand the space inside you. Next, look at the object in front of you on the ground; then quickly move your gaze up to the sky and deeply inhale. Feel all these sensations right here, in this place, like a seed that is sown in fertile soil.

Let go of any thoughts that come up during this exercise and return to the breath as your mind wanders into thoughts about what is happening outside of you. When it wanders out again, bring it back to this empty space inside.

The above exercise can be practiced in the sitting or lying down position. And you can pick objects that you have around your home to use for a period of time wherever you are. As with anything we try, we will not get it right the first time or even the second time.

Step 7—Compassion

Don’t let life harden your heart—Pema Chödrön.

Compassion is one step to achieve mindfulness meditation; there are many. Having compassion for yourself is one of the most effective. It means to care about your limitations and to be gentle with yourself as you continue life’s journey. When you have it, you allow yourself to be more open-minded, which leads to more love and happiness in your life.

Compassion is also a step that helps with achieving mindfulness meditation and these two things go hand-in-hand. Without them, the other cannot happen effectively. Having compassion for yourself is one of the most effective ways to alleviate stress and pain. This is because you accept the things that are done to you and you realize that they are not in your control. You also realize that everything on this planet is a cycle. Nothing lasts forever, and this leads to not being so attached to certain situations and circumstances.

When it comes to mindfulness meditation, it is important because if you do not have any compassion for yourself, you will have difficulty learning how to be mindful. It doesn’t mean that the meditation cannot happen at all, but it will be difficult, which may lead you into doing it incorrectly or even worse, drop the idea altogether. Mindfulness is being able to be in the moment and not think of the past or future, but actually just be in that current moment. In order to do this, one must be free from emotional pain, physical pain, and other distractions. We must also do an activity that allows us to sit in one place for a while.

It is not easy for beginners because they have all of this information swirling around them. It can sometimes make their minds go crazy as they overthink everything. It is difficult to think of nothing when your mind is constantly coming up with new ideas or remembering what happened earlier in the day. Mindfulness meditation gives you the freedom to be able to do this, which is why compassion is a step that needs to happen first before one even considers doing it. People need to have let go of their emotions and other distractions so that they can actually learn how to be mindful.

Mindfulness meditation has many great benefits, one of which is being able to overcome certain difficulties in your life and, overall, making you a happier person. It takes away other distractions that may get in the way of your daily life and gives you the time for self-reflection on your emotions and what goes on in your mind. It also helps you to be more open-minded and understand that everything is a cycle, not a personal problem that you must change.

Compassion is one of the most important steps in mindful meditation because if people do not have it towards themselves, then they will find it hard to be mindful. It is the step before mindfulness meditation, which happens after you let go of your emotions and other distractions. Being able to be present and not think about the past or future allows for more reflection on your thoughts, which takes away many inner demons that may help keep you from being mindful for the rest of your life.

Compassion, one of the greatest things that anyone can have, is one of the most underrated parts of mindfulness. It's so crucial to mindfulness meditation that many would argue that it is worthwhile on its own. These two things do go hand-in-hand and mindfulness meditation requires you to have compassion before you even try the actual activity.

Mindfulness meditation is being able to understand everything going on around us in the present moment, with full awareness of what it is, good or bad. To achieve this, we must let go of emotions and other distractions keeping us from achieving this state of mind. Mindfulness meditation can be done anywhere, from sitting in a chair with full focus on the way your breathing affects your body, to lying on a yoga mat doing poses that help you release any blocked energy.

It is crucial to understand that compassion allows mindfulness meditation to happen. It is the first step that you must take before you even attempt to achieve this state of mind. When it comes to the state of mind, having compassion is key because it means that you have let go of your emotions and other distractions in your life and understand that nothing has changed in this world at any point. Everything is a cycle and there's a new beginning around every corner; this means that you can accept what happens in your life without all the emotional weight on your shoulders. Once you do, you are able to be more open-minded, which leads to the ability to focus better on whatever activity you're doing. You don't have to

think about what happened earlier in the day or what's going to happen tomorrow. It is simply a present at the moment type of activity. That is why compassion has such a strong tie with mindfulness meditation because when you are able to let go of your emotions, you can actually focus on being mindful and not worrying about everything else.

There are many methods for mindfulness meditation, as well as many benefits that come from it. It can help people deal with anxiety and depression, allowing them to start over and start fresh with their life. It helps us to be able to accept the things around us and not worry about everything that we do not have control over. That is why compassion for yourself helps because when you try to be mindful, you might find that there are certain things that you can't let go of and you will become tangled in your emotions, and, therefore, unable to achieve a state of mindfulness. This is why compassion is one of the biggest parts of mindfulness meditation, but it doesn't mean that it's the only part.

Compassion is one of the most important benefits that anyone can reap from being mindful. It allows you to understand that everything is a cycle and that there is no need to be upset about bad situations because everyone has had them in their life. It also allows people to understand that while everyone has emotions, they do not have to act on those emotions in certain situations that can sometimes be a major hindrance in their daily lives. It helps people overcome depression and anxiety because it allows them to stop thinking about the things that they can't control and focus on the situations that they can, such as being mindful of where they are at any given point in time.

Another important part of mindfulness meditation is letting go of thoughts that haunt you. Many people are haunted by events that have happened in their lives, being unable to let all of those emotions go. Allowing yourself to be able to not think about the past or future but being present at the moment, allows you to be mindful of everything going on around you and helps you become a more compassionate and loving person towards yourself. This is what makes mindfulness meditation so special because it actually allows you to be a happier person in general.

Mindfulness meditation allows many things to happen in someone's life, many good things. This is why it is so important to learn about what mindfulness is and how to be mindful. Understanding what happens when

you are present will allow for you to better appreciate why having compassion for yourself will help with being mindful. It might make you want to try the actual activity that leads to full mindfulness while still understanding that there are many other parts of it as well.

The biggest gift that comes from being mindful and having compassion for yourself is happiness and love for who you are in your own way. It is not the right way for everyone and there is no perfect way to be a person, but it is a good road to being happier. Understanding that everyone has emotions, that everything happens for a reason, helps with just being able to let go of thinking about bad things and accepting the things you can't change. Mindfulness meditation allows people to realize what full mindfulness means and how important it is in everyday life, as well as in the practice of mindfulness meditation itself. It allows people to accept themselves for who they are in their own unique way rather than being weighed down by many emotions, such as depression or anxiety.

Seventh Step Exercises

Loving-Kindness Meditation

As the sun sets in the sky, it is time for you to dive into your day. But first, take two minutes to tune into your mind and body. Toss out any scattered thoughts preventing you from achieving serenity and happiness—they don't deserve a moment of your time. All you need for now is a quiet place, an open heart, and a desire for peace.

The following exercise will help you be kinder to yourself by developing compassion and unconditional love for yourself each night before bedtime:

Sit in a comfortable meditation position with your back against the wall behind so that there is some support there for you.

Close your eyes and visualize yourself or an aspect of yourself that you truly love. For example, you could use the reflection of a crystal as a mirror to see this person.

Inhale and exhale deeply and slowly for two or three minutes while breathing in loving-kindness for that aspect of yourself.

When you are finished breathing and meditating, gently bring your awareness back into your day-to-day life. Feel the gratitude you have for having been given another chance to live another day.

Treat yourself with respect, care, and love.

This exercise is designed to help you foster unconditional love for yourself at the end of each day. It can be used in as many ways as there are people to do it. The most important thing is to try it for yourself and see how loving-kindness meditation works for you.

If you wish to use this exercise to help you fall asleep, then meditate until your breathing becomes deep and regular, like a sleep breath rhythm, or when your mind feels clear and no more thoughts arise. Once this happens, do not continue the exercise further—instead, stop where you are right now and go on to bed.

Step 8—Developing a Practice of Your Own

You can’t stop the waves, but you can learn to surf—Jon Kabat-Zinn.

Developing a practice of your own to achieve mindfulness meditation is not easy.

To achieve mindfulness meditation, you will need to develop a practice that works for you. This may mean setting aside time each day for mindful meditation, or it may mean practicing during the moments of your day when there is space. Many methods for developing a mindfulness practice can work, but one key component is to have some physical object or focus around which your awareness can center itself. This may be a prayer bead, a chant, or a word, but in mindfulness meditation, the object is something neutral that does not distract the meditator.

An example of focusing on an object to achieve mindfulness meditation is playing with various objects around you as you sit. Pick up one object with each hand and notice how that impacts your breathing and awareness. Repeat this process with another object. Then take several deep breaths (while focusing on your hands) and shift your attention to another kind of sensation: sounds. Listen to what is around you for several minutes. Notice the richness of the sounds that surround you; listen in the same way that someone would listen to music. Keep your attention focused on the sounds and notice how listening to the sounds affects your breathing. Then, close your eyes to open up your inner awareness of other feelings, sensations, thoughts, and emotions. What are you aware of? Notice and accept whatever comes into awareness, then gently bring yourself back to listening to the surroundings’ sounds. Continue this process throughout the day as you go about your regular activities, noticing what calls your attention.

Another example of focusing on an object to achieve mindfulness meditation is taking a walk outside. In addition to paying attention to whatever objects present themselves around you (trees, rocks, animals, etc.), notice your breathing as it interacts with the air around you. Place

your focus on inhaling and exhaling and notice how that impacts your awareness. Notice any thoughts or emotions that come into awareness, then gently bring yourself back to paying attention to the sensation of breathing in and out as you walk. Continue this process throughout the day if possible as you go about your regular activities.

There are many methods for achieving mindfulness meditation, from using a prayer bead or mantra to counting breaths or practicing walking meditation, but one key component is developing a regular practice of some kind that becomes a part of everyday life. The more consistent you are in your practice, the more automatic meditation will become as a habit.

These are just some examples of the types of activities that can be incorporated into your mindfulness meditation routine. The best way to start is by finding activities that work for you and then adding in new ones as you grow comfortable with your existing activity. Of course, each mental or physical activity has its own unique components that need to be considered when setting up a practice, but a useful starting point is seeing what works for you and accepting whatever is easiest. This will help you to see how mindfulness meditation is a process of accepting what is in the moment.

The activities we will discuss are sitting, standing, walking, eating and drinking, gardening, and house cleaning. These are some of the more common activities we do throughout the day, but any activity can be used as an opportunity to practice mindfulness meditation.

The first step in setting up a mindfulness practice is deciding on some time that you can keep set apart as your time for practice. You may decide on an hour a day or even every other day as part of your regular schedule. Or you may choose to start with 5 minutes a day and work up to more practice time as you become more comfortable with it.

The next step is to decide on some object or experience in your life to use for your focus of attention. This object can be anything: a word, a song, a gesture, etc. but it should be something that you can turn your attention to as you sit or move. Once you have chosen this focus, the critical next part of developing your mindfulness meditation practice is setting aside time and space for that object or activity.

Once you have decided on an object for practice and have added it into

your schedule, it is important to keep in mind that mindfulness meditation takes practice over time (see the Seven Factors of Awakening by Bhikkhu Bodhi). So be patient with yourself. You may start with only 5 minutes, or this practice may not fit into your life at all. Don't give up on your practice because it does not seem to fit into the way you live. This is a process of becoming more mindful, so expect to be able to practice for short periods of time at first until you become more comfortable over time.

If you have previously been involved in other types of meditation, such as guided meditation, you may find it helpful to set aside a daily time during your busy day when you can sit or lie down in silence and listen to a tape or cd by a meditation teacher or by yourself as you go through the exercises on your own.

Another way to start practicing mindfulness meditation is by exploring the qualities of paying attention to your everyday activities. Find an object or experience in your life that you can pay attention to for several minutes at a time. Set aside a time each day or every other day that you will go into an object or activity and notice what happens as you pay attention to it.

The best way to develop mindfulness is through experimentation, so find some object like a word, song, gesture, etc., and set aside some time for playing with it over the course of the next week as part of your meditation practice. You can choose to pay attention to it in all sorts of different ways, such as a word or phrase, plus any objects or actions associated with the word or phrase.

Another technique to get started with meditation is by paying attention to the breath. Breath can be used as an object of focus for both sitting and walking meditation. You might sit with your eyes closed (really focusing on the sensations of breathing) or you might place your focus on your belly as you breathe in and out. Both of these practices are about using the breath as a focus for inner awareness. Paying attention to the breath is also helpful as a part of your mindful meditation practice throughout the day. Inhale and exhale. Notice the sensations of energy in your body as you breathe. If thoughts or emotions come into awareness, just release them and bring yourself back to paying attention to breathing.

The next best way to start a meditation practice is by choosing a physical activity or gesture for your mindfulness meditation. Choosing an activity

that you already do every day can help you get started or add more time to your practice. Here are some examples of physical activities that are good objects for meditation:

Standing in line or waiting for a bus.

Walking to the market or getting gas in your car.

Folding and putting away the laundry (this one is excellent because it involves all 5 senses).

Exercising (running, walking, playing tennis, etc.)

By choosing a task you already do every day, you can incorporate mindfulness into your daily life. This also helps you to see how you can be mindful without excessive preparation and without sitting down specifically to practice. Find something simple that you already do each day and bring awareness to it for several minutes. The object of focus should be something that is increasing your mindfulness practice over time.

A great approach to start cultivating inner awareness is by developing a daily meditation habit of sitting quietly in your house or wherever you happen to be. This way, you can sit anywhere without distractions and notice what comes up for you as you sit. Some people choose to meditate while they eat, but I prefer to meditate after eating because it gives me more time with my food. The choice is yours.

My own practice starts at about 10 minutes every night after eating dinner and ends around 2 minutes before going to bed each night. I usually use this time for sitting quietly and being aware of how my body feels in the present moment. I find that it helps me get a good night’s sleep and makes the day feel fuller.

As you can see, there are many paths to cultivating mindfulness. Find a practice that works for you and makes it an important part of your daily life. We all need time to just be; just find your own way of bringing mindfulness into everyday life so that you can be at peace with who and what you are. It is possible to live mindfully without an excessive amount of practice time as long as you know how to bring yourself into awareness throughout the day.

Remember that whatever type of meditation practice you are engaging in, the most important part is a willingness to pay attention and be aware of

what is happening right here and right now. If you can do this, then no matter what aspect of your meditation practice you choose, you will soon reap the benefits.

Natural Mindfulness

Love and Compassion

The Buddha's first teaching is the Noble Eightfold Path to enlightenment (see The Four Noble Truths). The Eightfold Path consists of right understanding, right thought, right speech, right action, right livelihood, right effort, right mindfulness, and right meditation. These 8 elements of the path are also called "Noble Truths" because they reveal the truth about suffering and how to end it. Once you have an understanding of the causes of suffering, you can then use skillful means to bring an end to it. Skillfulness in this regard means that your mental activities are directed in such a way as to bring peace and happiness not only for yourself but also for all beings. The Buddha taught primarily through parables, which are stories that make profound truths very easy to understand. Indeed, the history of Buddhism is filled with wonderful stories about the Buddha and his teachings.

The noble eightfold path can also be understood as a process of spiritual development. The first step in understanding the four noble truths is the right understanding. This is a recognition of suffering and an acknowledgment that it is possible to end it by following the steps of the noble eightfold path. The second step on this path is right thought, which means that we should think only good thoughts, inner and outer acts of virtue and goodness. Good thoughts help bring about good actions and inner happiness, which brings more happiness to others. The third step on the path is right speech, which means that we should not speak any word or do anything that causes harm to oneself or others. We learn how to improve the quality of life of all beings by being mindful and aware of thoughts and words. The fourth step on this path is the right action. We must learn to see through one's own prejudice and discrimination regarding other beings, as well as their circumstances. Being mindful helps create harmony in our own life as well as in the lives of others. The fifth step is right livelihood, which means that we should live a moral life by avoiding trades or occupations that may harm ourselves or others. We also must learn to see objectively and calmly what is going on in every situation from time to time. Sometimes it may be necessary to act in a way that is not compassionate because the situation requires it, but we must

always remember the benefit of being mindful. The sixth step on the noble eightfold path is right effort, which means to apply ourselves energy and diligence. We learn how to use reason and mindfulness to bring about true happiness for ourselves and for others. The seventh step is right mindfulness, which means that we should become increasingly aware of every aspect of life, inner as well as outer. We learn to develop an ability to discern what is happening and what has happened at every moment of the day. The eighth step on the path is right meditation, which means that we should begin to see reality clearly through meditation and practice. The Buddhas of the past, present, and future can help guide you on this path to enlightenment. Through the practice of mindfulness, you can become aware of how your mind is working and learn how to change it. The power of suffering can be overcome through understanding how it arises, knowing what causes it, and being open to ways in which suffering can be ended.

Remember that understanding does not mean agreeing with others or taking everything they say seriously, and “understanding” is more than just knowing something or having a memory of something. The word “understand” also means to know, to be aware of, and to apperceive something in the deepest sense. Understanding derives from experience in the deepest sense: not just our own personal experience, but also the experience of all the Buddhas of past and future times as they teach us how to live our lives. Understanding comes about from an inner transformation as a result of spiritual practice and training. This inner transformation leads to peace, well-being, and greater understanding between all beings.

Mindfulness is one aspect of this transformation that leads towards enlightenment or wisdom. In the Bhagavad Gita, Krishna says, “He who does what he ought to do, and he who is mindful of his duty neither sees any fault in himself nor suffers in this world. He who knows about the duties of kings even towards an enemy, even towards a foe, such a king attains sovereignty in this world.” Mindfulness means being totally aware at all times. Therefore, mindfulness is not only a way to stop and observe our own mind and body, but also to observe other people’s minds and bodies. This requires to bring all your attention to what is happening right now. As Buddha Sakyamuni said, “Meditation is not for one day or month or year; it should be continuous. If you continue thinking in such a way,

finally you will reach a stage where your mind functions effortlessly and does not think of the past or future. In this stage, there is no duality, such as good and bad. When one reaches this final stage, he becomes liberated from all defilements."

For those who study and practice Buddhism, meditation provides room for thinking about compassion. This is especially true in Mahayana Buddhism, which emphasizes that all beings possess Buddha-nature (the power to become enlightened), which can be activated by practicing compassion. According to the Brahmavidya Sutras, "Those who are born should adhere to the appropriate teaching. Those who seek for complete wisdom need to learn the appropriate teaching."

Many people in today's world are confused about compassion. They want others to love them, yet they reject all beings and think that only they can love themselves. Likewise, they hate those whom they consider enemies and treat everyone else as bad when hatred does not serve them. When hatred arises, compassion disappears, but when you are free from hatred, compassion abounds. Compassion protects beings but also leads towards enlightenment. Compassion is a virtue that shouldn't be taken lightly or used carelessly because it is of such great importance.

Compassion is a means of controlling and guiding the mind, energy, and body. Therefore, the practice of compassion leads towards our enlightenment. Through meditation and other practices, we learn to establish ourselves in the awakened state that is free from confusion, unreasonableness, and delusion.

In addition to being mindful of thoughts and words, you can remember to be compassionate towards others at all times by offering respect for them as human beings rather than as objects or animals to be used or abused. Being compassionate also means that you should not be negative or critical towards yourself and others. In Buddhist language, you are not only "yourself" but also "other selves." When you see someone on the streets, your mind may automatically think: "That person is a bad person," or "I shouldn't have to do with that person." But when you bring compassion to this situation, it is no longer necessary to hate or dislike the person. Rather than thinking negatively of someone you see in the street, which will only make things worse for yourself and others, it is possible to see both sides of a situation and find ways in which each side can benefit

from the other.

Compassion brings a profound understanding of the meaning of harm and suffering. If you look deeply into your own mind and body, you will see that all suffering stems from one's mind, which is the source of all your problems. When you do not want someone to do something harmful or painful to yourself or others, you can offer compassion to yourself. The same exercise applies if you want someone else not to act in a harmful manner; offer compassion to that person.

Mindfulness and compassion are closely related in Buddhism because both lead towards liberation from suffering through enlightenment. Compassion leads us to understand how our actions affect others when we are both being mindful and living in each moment with what is happening right now.

Conclusion

Mindfulness Meditation is a tool that we can use in our lives in order to live more peacefully, happier, and stress-free. It's an ancient form of meditation that has slowly been gaining momentum in this new age where technology and the latest gadgets are becoming much easier to find. By taking a few minutes a day, anyone can begin practicing mindfulness and reap the benefits for life. Whether it's calming down after a long day or helping you clear your mind before an important test or interview, we know within us that by practicing mindfulness meditation regularly, we will have greater control over happiness and peace of mind.

The best way to learn about mindfulness meditation is to experience it ourselves. This can be done by anyone anytime, even if you're just sitting waiting for the bus. If you sit on a bench and close your eyes, you can begin by breathing deeply and slowly from your diaphragm. With every inhale, imagine that you are inhaling pure happiness, peace, and love into your body. As you exhale, imagine all of those negative feelings and emotions flow out with your breath. That feeling that is left within your chest is fulfillment and peace of mind within yourself.

As you try this little exercise in mindfulness meditation, over the days and weeks, you'll begin to feel a sense of inner peace and tranquility that you've never experienced before. You will naturally smile more often

because when we practice this meditation regularly, it’s almost difficult not to be in a good mood. What we’re doing is taking control of our mental state by setting aside time out of each day to renew our body and mind.

How does one get started with this type of meditation? The best way is by finding a daily time where you can practice. Before the start of every meditation session, we want to take a few deep breaths and focus our thoughts on something positive and uplifting. Think about or visualize something that will bring peace and happiness into our lives. When we do this, when we first begin meditation, we can continue the habit by visualizing something positive which is higher than ourselves, like a deity or higher power of sorts. Regardless of whether this is your belief system or not, it doesn’t matter because it’s simply a tool we use in order to help us calm down and clear out any negative energies within us.

By doing this in the morning and at night, as well as during stressful situations, we will begin to notice how we can calm our minds both physically and mentally. It’s a major benefit of mindfulness meditation because it allows us to develop a better quality of life by increasing our emotional intelligence so that we can make better decisions and handle difficult situations more efficiently.

Benefits of Mindfulness Meditation

When you practice mindfulness meditation, we will focus on your thoughts and emotions to boost your emotional intelligence and become more aware of how your thoughts and behaviors affect everyone around us.

Many of us have negative beliefs or feelings about ourselves that can bring great unhappiness into our lives. The reality is that we need to face these negative beliefs if we want to become the best version of ourselves. Mindfulness meditation is a great tool that teaches us how to deal with those negative beliefs and replace them with positive ones instead, so that we can start living happier lives.

We all know that stress can sometimes be an issue when we’re working or doing particularly hard subjects. If you’re in college, you may find that a couple of exams in the same week can be stressful, especially if the first one was a disaster. By practicing mindfulness meditation daily, we are

increasing our chances of getting better grades by calming down and focusing on one thing at a time instead of getting overwhelmed with stress.

You can use mindfulness meditation as a relaxation technique when you suffer from insomnia or if you have trouble falling asleep at night because of stressful thoughts. When you use mindfulness meditation, you will become more aware of your thoughts and feelings, so that you can handle these stressful thoughts in a much better way. Instead of worrying about them or ruminating about them, we can simply let them pass by as we concentrate on our breathing during mindfulness meditation.

Last but not least, it’s an excellent way to start the day by bringing positive energy into our lives. By doing this regularly, we bring a sense of calm and satisfaction that sets the tone for the rest of day and helps us recover from the stresses and demands of work throughout the day.

What about you guys? Do you practice mindfulness meditation, or do you have any other questions or comments about mindfulness meditation? I love bringing people together by discussing things like this, so thank you for sharing your thoughts and taking the time to leave a comment.

Breathe deeply, smile, and be mindful!

GUIDED MEDITATIONS FOR DEEP SLEEP

A COMPREHENSIVE GUIDE TO SELF-HEALING TECHNIQUES TO OVERCOME INSOMNIA

Introduction

The best way to lose weight is to do so naturally. This involves not adding any artificial or processed foods that might alter your chemistry and overall lifestyle in a more damaging way. To unlock this natural secret to weight loss, you have to train your brain in a way that will force it to control impulses and stay focused on beneficial goals.

The hypnotic state is a dreamlike state in which the person remains conscious. Therefore, someone can't remain permanently hypnotized without leaving this trance state. It is also noteworthy that under hypnosis nobody does anything they do not want to do to go against their principles or ideas.

If you are ready to change your approach to weight loss for good, it is time to lay a foundation that will work. I encourage you to start by reading this book in order so that you get exactly what you need—when you need it. However, I encourage you to also take a look at the 300 affirmations you have been provided with right away and keep some of them handy so that you can use these affirmations to inspire you to stay on track. You may wish to use the same affirmations over and over again or change which ones you are using based on what you need in each situation.

I want to let you know that all of the hypnosis practices described in this book are designed to be self-hypnosis. This means that you are the one in control over your hypnosis practices and that you, and you alone, are in control of how this works for your mind. This book is merely your guide to help walk you through the process, and nothing more. If you begin engaging in a hypnosis session and decide that you need to awaken yourself for any reason, simply open your eyes and go about your day as normal. With that being said, please make sure that you do not practice hypnosis when you are driving, operating heavy machinery, or otherwise engaging in activities that require your conscious awareness. Instead, practice it only when you can sit or lie down comfortably and without distraction for as long as you need to help you get the benefits of your meditation. This way, you are not at risk of becoming too relaxed to perform tasks you might need to perform, and you truly get the most out

of every meditation session you engage in.

If you are ready to embark on your journey of natural weight loss using the power of hypnosis, it is time to begin! Please, take your time and keep an open mind when it comes to working through the pages of this book. I feel you will be thoroughly impressed and delightfully surprised by just how powerful hypnosis can be, and by how much it will transform your weight loss journey. Hypnosis is a temporary state of more acute concentration. It is a natural state of consciousness. We constantly pass in our life from one state of concentration to another. Therefore, hypnosis is familiar to us because of our daily experiences.

Many of us have as a reference, when thinking about hypnosis, what we have seen in entertainment programs. In these cases, show hypnosis is used, which impresses with the power granted by the hypnotist and how he makes the hypnotized follow the orders he gives. It is a very spectacular technique, but at the therapeutic level, it has value.

The sooner you implement these meditations and hypnotic techniques, the faster you will see the pounds come off. It is a natural way to add weight loss into your life simply and peacefully.

Chapter 1: Relaxation and Meditation Scripts

Guided relaxation uses several techniques that may be used separately or in combination with each other. It may last as long as ten minutes and helps reduce impulses that trigger automatic behaviors. Guided relaxation uses abdominal breathing, visualization, progressive muscle relaxation, and mindfulness.

You will learn to breathe deeply as you imagine a serene environment using guided imagery. This sort of visualization activates the imaginative and sensory faculties of your brain. Relaxation meditation may also focus on relaxing the muscles so that you may feel the difference between tense and relaxed muscles when you are responding to stimuli. Mindfulness techniques are relaxing because the mind does not cling on one particular thought. It wanders and hops from thought, emotion, sensation, etc. Mindfulness meditation is about being present in the now.

Body Image Relaxation Meditation 1

The first step is to find a quiet place to perform this meditation technique, which is similar to the other techniques that I have mentioned earlier. Once you are in a quiet place with no distractions, then follow the steps mentioned below:

Lie on your back on the floor in a position that makes you feel comfortable. Make sure that your posture doesn't make you uncomfortable. If lying on the floor hurts, then you can lie on a mattress or bed instead; there is no hard and fast rule that you have to lie on the floor.

The aim here for you is to feel comfortable. You can slide a pillow under your back if you feel uneasy or you can lie on your side: right or left- whichever makes you feel relaxed. The preferred position is on your back using only one pillow to support your head so that your airways are clear.

As soon as you settle, take a deep breath to calm your racing mind. Sometimes, it may take you longer than just one deep breath depending on how your day went. If that's the case, keep breathing deeply until you feel a sense of calmness in your mind. A great way to calm your racing mind is to focus on the breath as you take it. If it helps you, use the counting that you used before – 8 for the intake of breath through the nostrils and 10 for the exhale. You can even see if you are breathing deeply enough by placing a hand on your upper abdomen and feeling it going up when you breathe in and down when you exhale.

Once your mind is calm, bring your attention to your body. Feel every sensation in it. Start with the tingling feeling in your toes and feet. Once you feel it, slowly shift your attention from your feet to other parts of your body.

Feel the tension in each part as you move up from your toes to your head.

Feel the tension in the muscles of your legs and the sensations in your belly or the tension in your shoulders and back depending on where you feel the most stress and pain. Feel the strain in your head and your eyelids hurt as you open and close them.

Note: In the process of examining every sensation in your body, your mind will try to distract you by bringing in different thoughts. If that happens,

bring your focus back to your body and start again from the toes and slowly move up to the head and try again to feel the tension on each part. If it helps you at all, I find that being conscious of that area of the body, followed by tensing the area and then purposely relaxing it helps a lot. As you relax that part of the body, feel the weight as the body relaxes.

Do this exercise for 15-20 minutes at the start and then slowly increase the time, as you get good at it. Remember that your mind is your #1 enemy, as it keeps distracting you from bringing in countless thoughts that only end up causing stress and anxiety. However, you have to fight it (which is a continuous struggle); with time and patience, everything can be achieved.

Body image meditation is hard as compared to the other techniques that I have mentioned before but, if done properly, it is a great technique, as it can greatly help you to relieve stress and anxiety almost instantly. It also helps to lower your blood pressure and bring your heartbeat down, so do remember to get up slowly from the exercise and relax for a moment before going into your everyday activities again.

So far, you have learned three of the most effective meditation techniques to reduce stress and anxiety. To get better results, it is important to enhance their effectiveness.

Body image relaxation 2

Body image meditation helps reduce stress by making you aware of how your body feels instead of paying attention to stressful thoughts. When you feel stressed out, your body also feels those effects and it starts to show signs of stress through pain in your back, stomach, or tensed shoulders. You may even experience neck ache, particularly if you have been concentrating on things that were difficult and that strained you in some way. You may just have aching bones because you are cold or because you feel worn out in general, but a body image can help you to feel much better.

By practicing body image meditation, you distract your mind from the stressful thoughts by paying attention to those parts of the body that feel stressed. As a result, you become mindful of your body and forgetful of the thoughts that bring you stress. Thus, you feel relaxed and your stress levels greatly reduce.

Here is a step-by-step guide on how you can perform this meditation technique.

The art of relaxation is a state of mind. In other, you need to set your thoughts in such a way that leisure is essential. Even when you are eating, you can`t just keep consuming all the time.

You need to relax and take some break that will help your mind settle and think of other things.

The minds also need to shift from one aspect to the other. In other words, if you keep doing something for long, there are chances that you will get bored and hate it. In the same way, you can`t eat for more than an hour and expect that all is well. Even your jaws, let alone your teeth need to relax and prepare for another meal.

Also, if the snack is so sweet, there are chances that you can`t take all the time and eat everything at a go. You need to relax and allow the process of digestions to swallow, let alone.

Several studies have been carried out to determine the effects of failing to relax while eating. It is worth noting that if you eat without allowing your gut to shallow well, there are chances that you will be choked.

There are other cases where one fails to register in the brain that one is full since they are not relaxing. In other words, if your minds do not have time to relax, there are some complications that one may develop. For instance, people who develop the disorder of binge eating do not improve the condition in a single day.

However, it occurs gradually such that the minds fail to register that one is full. The desire to keep eating develops and one thinks of eating rather than deducing anything else. They are the kind of people who will prefer eating at night, during the day and at any time. The art of eating in such a manner is not right as the mind does not relax.

One of the primary reasons that cause the brain or rather the body to develop the urge of relaxation is the fact that when one relaxes, several cells rejuvenate, and one gains more energy from the tasks ahead of them.

One of the best methods that individuals prefer relaxing with is sleeping. After toiling for several hours, preferably after eating, a lot of people prefer sleeping so as they can relax. In other cases, it may lie down on a mat and reflect on what has been going on.

The art of relaxing is essential in the sense that it allows one to have some more time to think of the things that can be done for life or rather the eating habits. Relaxation is essential as one will have some ample time to analyze whether the food is taken, or the activities being done were achieved in the right way.

The other aspect that people consider as a means of relaxing exercises. After having a heavy meal, the best means of relaxing is taking a ball or any other item that will help you do some exercise. It is worth noting that when you exercise, the body graves for more energy. In other words, your body will require more energy to sustain the exercises.

Thus, the food taken will be broken down quickly, and you will have more reasons for eating again after a period of six to eight hours.

Scholars have identified that people who can exercise from time to time have some of the nest digestion processes. In other words, there are not affected by issues of digestion or rather complications that develop from improper digestion. The food they take is well broken down and converted into energy that is required in the exercises.

Mind games are the best means of relaxing after a heavy meal. Although

some snacks encourage one to sleep, a mind game plays a critical role in ensuring that all the food is broken down quickly.

It is worth noting that the brain uses a lot of energy to deliberate in a task.

For instance, when you are playing a game such as chess, you will be required to think and think well. It is worth noting that when you are considering as such, the energy consumed is more than the power you would use to lift a certain weight deliberately. Therefore, a mind game will play a critical role in allowing your mind or rather your body to relax and regain the strength of doing other activities. In other words, even after eating, the body requires some time to relax. Relaxation helps the cell as well as the tissues of an individual to regain some aspects of healing for the future.

For instance, if one has been eating, there are chances that there were some cells destroyed in the mouth, let alone the alimentary canal. One may require some more time to heal and regain the strength of eating again.

A Guided Chakra Relaxation Meditation

This simple, guided chakra relaxation meditation is a great meditation that will help you bring balance and harmony to your chakras. When it comes to weight loss, creating peace and comfort in your life in all ways as much as possible is a wonderful opportunity to nurture your mind and your body while you work toward making such big changes in your life. Through this, you can balance your hormones and aid your body in naturally adapting to the changes that you are making in such a way that it makes it even easier for you to adapt to your healthier lifestyle. Through this, your changes become even easier for you to make, and you are far more likely to maintain these changes in your life.

This meditation should only take about 20 minutes and will help bring great balance and peace to your life. You can do this meditation by either laying down with your spine straight and your legs straight and uncrossed or sitting with your legs crossed and your spine long and tall. If you are sitting, rest your hands on your knees, palm up, so that you can relax and keep your body open and receptive.

When you are ready, begin drawing your awareness into your breath. We will take five mindful breaths, breathing in to the count of five and then breathing out to the count of five, as a way to help bring balance and peace to your body. You can start now by focusing on breathing in 1-5. Now, on your next breath in, I want you to visualize sending that breath to the base of your spine where your root chakra is. See your root chakra shining bright red and gently rotating in a clockwise motion like a big red disc at the base of your spine. Visualize your root chakra, receiving the oxygen and energy from your breath, and visualize yourself exhaling any blockages or stagnant energy that may be blocking the flow of your root chakra. Feel yourself breathing into this chakra again as you fuel it with loving energy and feel it balancing and harmonizing comfortably and serenely. As it does, feel your confidence in your stability and your life force growing stronger and deeper.

Now, draw your next breath into your sacral chakra, right below your navel. Feel yourself inhaling life force energy into your navel chakra and

exhaling any stagnant energy that may be blocking it from maintaining a harmonized and balanced state. Consciously let go of anything that may be pent up here or causing discomfort in your sacral chakra. See your sacral chakra glowing orange and bright and getting even brighter every time you inhale and flowing even clearer every time you exhale. Feel it naturally flowing in a gentle clockwise motion, bringing balance and harmony into your energy field. Allow yourself to awaken to a balancing of passion and pleasure as you balance your sacral chakra.

Next, breathe into your solar plexus chakra, between your navel and your rib cage. See this yellow chakra glowing bright and rotating in a clockwise motion as you inhale harmony and balance and exhale stagnant or blocked energy. Continue breathing deeply and gently as you give yourself plenty of space to bring balance into your solar plexus chakra. Feel yourself growing more confident, self-assured, and courageous with each breath. As you continue breathing, feel your solar plexus chakra growing even more powerful with each breath that you take.

Now, move your breath into your heart space. Feel your chest expanding and opening up to receive energy from each breath and compressing and releasing any blockages with each exhale. As you do, visualize your heart chakra glowing bright green and rotating clockwise. Feel this chakra growing even more harmonious and balanced with each breath that you take, allowing you to feel your best with each breath that you take. Allow yourself to release any emotional baggage or blockages that you may be carrying, feeling yourself growing more balanced and more peaceful with each breath.

Draw your breath up into your throat space now. Feel your lungs filling and releasing with ease as the air effortlessly passes through your throat and into your lungs. Notice how easily every breath moves through your throat as you breathe, allowing you to feel your best. As you do, see your throat chakra glowing bright blue and gently spinning in a clockwise motion, welcoming balance, and harmony in with ease and grace. Affirm to yourself, “I speak with love,” “I communicate with ease,” and “I speak my reality into existence.” Trust that you can create the reality you want through the words you speak and breathe gently with ease and grace.

On your next breath, draw your awareness into your third eye chakra, slightly above and between your eyebrows. Feel your third eye chakra

awakening, balancing, and growing more peaceful with every breath you take. Notice the energy in your third eye chakra harmonizing as you watch its indigo color glow bright and see the disc of this chakra rotate gently in a clockwise motion. Feel yourself easing into and enjoying the energy of this chakra with each breath you take. As you breathe in, feel yourself nourishing and balancing this chakra, and when you exhale, feel yourself releasing any blockages that may exist in your third eye chakra.

Lastly, draw your energy and awareness up into your crown chakra. Feel yourself becoming aware of the space directly above your head over your spine. With each breath in, feel your crown chakra becoming more awakened and balanced, and with each breath out, feel yourself releasing any blockages or overwhelm that you may feel within your crown chakra. Allow yourself to feel balanced within your energy as you feel your crown chakra both awakening and spreading gentle harmonizing energy throughout your entire body and all of your lower six chakras.

With all of your chakras balanced and harmonized, spend a few moments focusing on your breath once more. Draw your awareness back into the peaceful and gentle energy of your breath as you once again engage in your five and five breathing sessions for five breaths. Breathe in for 1-5. Now, let your breath return to a natural and calm state as you allow yourself to meditate in this space of harmony and balance for several moments. Feel yourself feeling completely at peace with yourself and in all areas of your life at this moment. Notice how balanced and comfortable you feel in this space as you allow yourself to experience gratitude for your body at this moment.

When you are ready, you can draw your awareness back into the room around you to begin awakening yourself from this meditation. Begin by opening your eyes, then gently shake your body out to awaken yourself from this deep state of meditation. When you feel awakened, you can go about your normal life as you integrate the gentle and meaningful flow of the energy that you have harmonized and balanced here today.

Chapter 2: History of Meditation

It is believed that meditation has been around since man has walked the earth. Imagine a prehistoric caveman gazing into his fire and allowing himself to think of nothing more than the flickering flame before his eyes. It may not have had the name or the techniques and known health benefits that we are aware of in today's society, but the motion was still the beginning phases of what we see practiced today around the world.

Throughout history and various cultures, meditation has its base roots in religion and was used to clear a person's mind so they would be free to connect with the higher power of their choosing. Every culture has an early documented history of some form of meditation and the further back in history you look, the more religious the connection becomes.

Meditation has grown over the years from a basic religious practice to a common household technique. Over the past 60 years, scientists have begun to study the health benefits that meditation has on the body as well as the mind and the soul. While there have been no solid research papers published that can prove any connection that clearly defines the exact reason that meditation works for individuals, there is much proof that it does indeed have lasting effects on the body that medications alone cannot achieve. Therefore, there is mounting evidence that a routine of meditation can alter a person's health both physically and mentally.

It is because of this benefit to our health that we strive to provide intelligent information about the techniques, styles, and relevant tips to you, so that we may be a part of your history to reflect upon in the future based on our success of meditation.

Chapter 3: Guided Meditation for Sleep

Meditation Script

Music intro 40 seconds to fade….

Welcome to this guided meditation designed to help you lose weight. As you listen, you will begin to develop an improved association towards the food you eat and be able to let go of any stress relaxing into a deeper state of being.

Find a comfortable space - one where you will not be disturbed. Make sure that your phone is turned off and that you have time to commit to this meditation.

If you are sitting down, ensure that your spine is fully supported. Imagine each vertebra is stacked on top of the other. Visualize your spine fully erect, do not tilt your head forward as this places strain on the neck and shoulders. Lift the shoulders as if towards your ears, then, roll them back and down, moving the shoulder blades as if towards the lower back. Place your feet flat on the floor so that you are grounded. Place your hands on your legs but turn your palms upwards.

If you prefer to lie down, make sure that you are fully comfortable and that your spine connects with the surface on which you are lying, have your arms out to the side but turn your palms upwards. Move your legs so that they are a little apart but relax the ankles and feet, letting the feet fall to the side. Take time to find the right position for you.

Close your eyes.

Follow the sound of my voice as I guide you through this meditation. You may find that your mind wanders a little at times and if this happens, do not become frustrated, simply bring it back to the sound of my voice. In time, you will find it easier to remain within the meditation.

Let each word sink deep into your subconscious mind.

Breathe in gently and then, exhale fully.

Each breath should be rhythmic, in and out, and on each exhalation, release any tension in the body.

Feel your body sinking deeper towards a state of pure relaxation.

Affirmations are powerful statements of intent. They help to consolidate

the message within this meditation. Now, inhale but mentally repeat these words to yourself before you exhale.

I will lose weight

Now exhale fully.

Repeat this statement taking in a deep breath as you do so.

I will lose weight

Exhale now and let all tension dissipate.

Keep this strong statement within your mind.

When we break any unhealthy connections that are associated with food, we begin to see the importance of nutrition and visualize each vitamin and mineral replenishing the body, healing it, giving it vital energy and nourishment.

Healthy weight loss is important.

To achieve gradual but consistent weight-loss, it is important to break any negative associations with food.

You must establish any emotional need for food….

Consider what drives you to eat…..

It is time to let go of comfort eating….

Repeat these affirmations to yourself.

Food is fuel for my body.

Food is energy for my body

Visualize these words clearly in your mind….

Repeat these statements after me:

I fuel my body through sensible eating.

I use food to energize.

I no longer need to comfort eat.

Repeat these statements to yourself once more:

I fuel my body through sensible eating.

I use food to energize.

I no longer need to comfort eat.

My mission is my health and well-being.

Turn your attention now to why you want to lose weight.

Understanding your motivation is vital for success. You must want to lose weight with every fiber of your being. Search deep within to find these answers and this will keep you focused on your goals. I will leave you here for a moment to connect with your inner motivation and to bring this to the fore.

Pause here with background music to allow 20 seconds of contemplation, music to fade out Keep the feeling for why you want to lose weight strong and resilient. Hug this feeling to yourself, let it resonate within, let it become an integral part of who you are.

Do you have unresolved issues that lead you to comfort eat?

Do you turn to food through boredom or loneliness?

Perhaps you feel that your life is out of control?

The issues of life can affect us if we are not prepared. We use food to comfort us when we feel emotionally empty or hurting inside.

Know that you are always in control of your life

You can do anything you want.

Inhale deeply and exhale fully.

Now, with the next inhalation, breathe in slowly, counting one, two, three, and four and then, hold the breath, and now, slowly release, one-two, three, and four.

Feel your body becoming more and more relaxed

Feel your muscles yielding to the sensation of relaxation.

Let all stress dissipate…

Each time you breathe in and out…release inner fears…tension or stressors of the day….

They start to slowly dissipate.

Allow only positive images in your mind….

Imagine yourself now……to a time in the future when you have achieved weight loss…

You look amazing.

You are happy…

Energized and healthy.

Note how you run, walk, and move with ease.

You feel amazing.

Feel the sensation of moving.

You feel so light…

In shape….

Strong…

Connect health and weight-loss.

You intend to look after your body.

Your health is important to you.

Your desire to lose weight is strong within.

There is a wonderful life ahead of you.

It is filled with energy and happiness.

Allow your mindset to change.

See food as fuel.

Know that you need to eat so to make yourself healthy.

But you are changing, transforming, and becoming the person you want to be.

You instinctively choose the right foods for you.

You think now in terms of nutrients

You see exercise as a way to achieve your weight loss goals.

Repeat the following affirmations to yourself:

I can lose weight

I will lose weight

I can do anything I want in life.

I choose to be healthy.

I believe in myself.

I embrace healthy eating and exercise

Let these words resonate with you…..feel them, believe in them…

Pause here for 20 seconds with background music to allow time to contemplate these words. Music to fade out

Let positive thoughts fill every fiber of your being.

Do not become distracted by the thoughts, instead, become a conscious observer, watching these positive thoughts germinate and grow.

These thoughts act as if healing messages.

They filter into the subconscious mind where they help alter any faulty belief systems changing negative habits to positive ones.

As you observe and feel their messages, know that you can change any aspect of your life.

You can achieve weight loss goals easily because you know your inner motivation.

You have visualized the change to you when you lose weight.

You feel healthier.

You have so much more energy.

You are fitter. You can run, jump, walk, and move with such ease.

Breathe in positive energy, filling your lungs and then release, letting go of old, unhealthy behaviors.

It is time to change.

You are ready to change.

You welcome healthy options.

You are ready to adopt healthier eating patterns

You want to lose weight and your intent drives you forward You can achieve anything you want to.

You feel so relaxed

So calm

So focused on these healthy changes…

There is peace within you now.

Life will be so much better.

Stick to your resolve and if you need to reinforce your motivation for weight loss, return to this meditation at any time.

But for now….it is time to return to your daily life.

Know that these positive feelings will remain with you.

Be aware that as you return to your normal life, your connection to food has changed, you see food as fuel, you naturally lean towards healthy

eating not because you have to do, but because you want to.
Inhale deeply, exhale fully. When you are ready, open your eyes.
Music – to fade …

Basic Sleep Meditation Script

There are a few things you will need to keep in mind when it comes to falling asleep and staying asleep.

If you are like most people, your head is probably filled with thoughts and issues that are keeping you awake. If your mind continues to race around, you will never be able to fall asleep! While this sleep meditation should help a bit, you will need to put in some work of your own. Much like you have learned to quiet your brain during times of stress, you will need to teach your mind how to pipe down when you are ready to finish out your day.

I always suggest creating a routine when you are ready to go to bed. One exercise you can try to help quiet your mind is to keep a notepad on your nightstand. With this close by, you can write down any critical thoughts you have that you would like to hold onto. This way, you can remind yourself of whatever it is tomorrow. You will want to tell yourself that these thoughts will do nothing but disrupt a lovely, peaceful night's rest. Write down your thoughts and forget about them!

When you feel it's ready for bed, set yourself up for success. Take care of everything you need for the next day, whether making your lunch or choosing your outfit. Brush your teeth, put your most comfortable pajamas on, turn out the lights, and crawl into bed.

If comfortable, I would like to invite you to start by lying on your back. Once you find a position that you are comfortable in, allow your legs and arms to fall where they're most comfortable. If at any time you feel uncomfortable during this meditation, you can always shift and change positions. For now, try getting comfortable on your back, and then we can begin.

As you get settled in, go ahead and begin to practice your body scan. Remember to allow any thoughts to pass without judgment. At this moment, we are only becoming aware of our bodies. There is no need to change anything right now. Scan for areas of tension and bring your focus on releasing the areas that feel they are tenser. As you become more aware, notice how your mind if becoming more peaceful. You are creating

a beautiful connection between mind and body. You are in control of your thoughts; you have the power to quiet your mind so that you can be well-rested for tomorrow.

When you are ready, take a sweet deep breath in. Allow the air to fill you with life and relax into the sense of calmness that is beginning to wash over you. Exhale, let go of any of that tension you have noticed. As you continue to breathe, thoughts of today may come rushing into your mind. Perhaps thoughts of everything you need to get done tomorrow are clouding your mind as well. If there is anything super important, write it down. These thoughts mean nothing to you now. When you are mindful of the moment, yesterday and tomorrow aren't necessary. Right now, you are calming down, and you are looking forward to a nice rest.

Allow all thoughts to pass without judgment. All you need to focus on right now is how your body feels. Breathe in and breathe out. Allow all thoughts to leave your mind. For the next few moments, I invite you to begin counting each breath and breathing in and out. Gently count each inhalation and feel as you become more relaxed with each passing number. Count from one to ten and allow yourself to fall deeper and deeper into your bed.

One…softly focus on the number one…take a deep breath in and let it all go.

Two…sense the tension leaving your whole body. Your bed is so comfortable and warm and inviting you to fall asleep safely.

Three…you are feeling more and more relaxed. You are looking forward to a nice, deep sleep to help set you up for success tomorrow.

Four…your mind is getting very quiet. Only thoughts of sweet dreams are filling your head.

Five…you are drifting now. Feel how heavy your body feels against the bed. Your mind is ready to rest for a while. Your body is ready to take a break.

Six…you are feeling wonderful and safe. You are comfortable and drifting off…

Seven…so calm. So happy. So relaxed.

Eight…heavy. Calm. Relaxed.

Nine…breathe softly, you are ready to drift off and float away into

dreamland…

Ten…

If you are still slightly awake, continue counting each breath. Feel how heavy your eyelids feel. Your body is warm and safe in bed. You are drifting...

Drifting…

Drifting…

Sleep…

Guided Meditation to Get Back to Sleep Script

We have all been there; you're enjoying a nice sleep after a long day, and suddenly, you wake up! You try to go back to sleep, but all you can seem to do is toss back and forth for a few hours. If you have ever experienced insomnia, you're not alone!

The key here is to teach yourself how to relax after you wake up. Often, we just become annoyed that we have woken up when it's so important to sleep, especially if you have a busy day ahead of you. Through meditation, you will be able to relax your mind, relax your body, and fall right back asleep! If you have difficulty falling back asleep, try the following script.

If you are already in bed, try your best to get comfortable again. Whichever way you sleep, settle back down into that position so you can get back to sleep. Allowing yourself to become relaxed will help settle your mind, and before you know it, you will be sleeping restfully as you deserve to be.

As you settle back into bed, bring your focus back to your breath. I want you to go ahead and breathe in as deeply as comfortable and allow yourself to push that breathe out slowly. Do it again and count each number that you can to breathe in and breathe out. Be mindful and take nice, slow, calm breaths in. Feel how each breath you take relaxes your body. Feel yourself begin to drift as sleep washes over you like a wave.

Each time you release a breath, your mind is getting calmer. There is nothing but the sweet sense of sleep and your breath right now. Focus on each breath being drawn in and allow that air to release just as naturally. Notice now how there is no effort behind each breath as you take it. Your body knows exactly what you need. Just relax into this moment and allow yourself to be at peace.

Notice now how much easier everything is getting at this moment. Your shoulders are beginning to relax into the bed, your legs and arms are still and heavy. Your feet are nice and warm, and you can feel yourself sinking deeper and deeper into the comfort of your bed. Your mind, if beginning to drift away, you are looking forward to a full night of restful sleep.

If you can, try to blink your eyes a couple of times. Notice now how much heavier your eyelids are becoming. You may find that it even feels good now that you are trying to close your eyes. Relax into this feeling and imagine now how all of the tension is slipping from your body. So, what if you woke up for a few minutes. You are now able to relax further and focus on your breath. Allow sleep to come to take you until you are ready to wake up fully rested.

If you want, bring your focus softly back to your breath. Feel how comfortable you are, and begin counting down to sweet sleep.

Ten…

Nine…

Eight…feel how natural your breath is settling you back into sleep.

Seven…

Six…

Five…breathe softly.

Four…

Three…

Two…

One…

You're feeling very sleepy…your mind is drifting…you are ready to sleep…Keep counting your breaths until you are no longer able to focus… everything is blending…my voice is fading away into your dream world… you are too sleepy to think of anything…count again until you drift off…

Chapter 4: Guided Meditation for Stress Reduction

We live overwhelmed, stalked by manias, temptations, and pains. The boss's daily grumblings, the children's arguing, the need to give more of ourselves.

We are human and do not handle everything with life: life, work, and emotions. Therefore, if the list of life guards includes the highly demanded personal and energy improvement therapies - reiki, mindfulness, Taiichi, yoga or meditation - add self-hypnosis, an incipient technique and booming to the heat of success harvested by hypnosis in different areas of social and clinical life, especially in the US, Germany and France.

It is well known for losing weight and quitting smoking. But this technique can do more for you.

There are personalized workshops that teach self-hypnotization techniques. It will take between five and 10 sessions to learn the keys to work with your unconscious through total relaxation, falling into a pleasant hypnotic state where attention is specifically focused on something to reinforce it or deviates from what bothers you.

This is achieved by introducing suggestions to achieve greater self-control over your emotions, your habits, or overcome certain situations. It will not go into a trance-like in TV shows, because consciousness is not lost.

There is nothing magic in hypnosis, an ancestral and recognized science, which in many countries is studied in the Faculty of Medicine. It is scientifically proven that it relieves acute and chronic pain, such as fibromyalgia, by producing significant or total analgesia.

Therefore, more and more health professionals learn and teach this technique to improve the effectiveness of pharmacological or psychological therapies, as it speeds up the healing of their patients because, among other benefits, it helps strengthen the immune system. Stress, irritable bowel, skin issues such as psoriasis or anxiety can be corrected.

Guided Meditation for Stress 1

The leading cause of death is stress. Successful people tend to believe that without stress there would be no success. The emotional, psychological, and physical well-being takes a beating and suffers the side effects of stress. Stress can at times become an addiction. High performing individuals sometimes rely on chronic stress to achieve goals. The studies done on stress management keep introducing new measures to help in curbing stress.

Meditation or relaxation is now adopted in businesses as a way of easing stress. Most of the companies that have taken up meditation are world-known brands. Such enterprises have realized that stress is expensive for any business. In countries like the UK, stress caused by work costs firms around 3 billion pounds yearly. Meditation has positive impacts especially when it comes to increasing performance and giving employees time to recoup their energy.

When you face a potential threat, a lot of physiological changes begin to happen as a response to stress. Such usually happens in an environment where you feel that the demands are above your resources. Stress causes the fight or flight response which closes down the brain functions which allows an increase of adrenaline and cortisol levels. The hormones are helpful when you are facing a physical attack, but it is useless when your boss is pressuring you. Meditation is great for protecting you against the effects of chronic stress. It does this by reversing the body's responses to stress.

As you begin to meditate, you will notice a few changes. Your heart rate and breathing slow down because oxygen is used efficiently, and the blood pressure is normal therefore you sweat less. The adrenal glands which are responsible for the production of cortisol produce less cortisol which in turn boosts your immune system and slows down aging. While all this is happening your creativity, levels spark up because your mind is now clear.

Success is not easy to achieve without a little hard work and going through a bit of stress. As necessary as stress is, if not balanced well it may end up causing serious health issues. You are of no value to your boss when you

are tired, unhealthy, and lack focus because then you are not able to perform well at work. Success comes at a heavy expense which usually takes a toll on your health and finances as you will spend money moving around looking for doctors to treat you. You need to figure out if you can afford stress and if it is worth it.

According to most journals, chronic stress is the leading cause of death. Research shows that the effects of stress affect the overall performance of the body. Every system of the body has a correlation so when one system fails every other system crumbles as well. The effects can be minimized if meditation is observed and constantly done. As you continue to meditate, your confidence develops, and your health starts enjoying the changes.

It is important to find a balance as you work towards your achievements and success. For all your plans and visions to be realized, your body needs to be at its best. Ensure your body does not use up all the core energy without setting aside time to replenish them. When you feel like you are close to burnout take some time and meditate. Relaxation gives you access to rest which gives your body time to repair the worn-out cells.

During meditation, your brain cells are regenerated, and the body goes into rest mode. When your body is at rest, the emotional and physical part is no longer reacting to stress. The more you meditate you become full of confidence, and your focus is undisturbed by the happenings of the environment. The more time spent meditating the clearer your mind becomes, and your body enjoys the break from overworking. If you regularly go through burn out even at work, make meditation a daily habit. Set aside a few minutes from your schedule to meditate, and you will find that it restores your focus.

Sadly, most of the people who take up meditation for stress expect immediate results. Others go to the extent of replacing medical treatment with meditation. For meditation to work, it needs to be treated as an additional treatment and not the main treatment. There are various levels of reflection, and they are all centered on clearing the mind and focusing on a specific thing. The focus point might be an image, a calming word, and a series of numbers or a breathing pattern.

Guided Meditation to Release Stress 2

Find a comfortable seated with good posture.

Allow your hands to rest gently in your lap opening the body to acceptance palms up.

If unable to sit on a meditation cushion comfortably sit in a chair with both feet on the floor.

Gently closing your eyes.

It is wise to realize that the body is a temple and how outside sensations affect it.

Stress on the body acts like an earthquake knocking the body out of balance.

Creating a skip in the rhythm thus producing stress hormones to attempt to bring the body back to equilibrium.

The body's response is perfectly natural, yet when we live in a world of constant stress the body cannot maintain equilibrium.

Overproducing these hormones and causing having inside our body.

Allow us to move now from emergency mode and back into equilibrium with harmony and balance.

The breath provides a natural way of being to releasing stress.

Breathing out through the nose and in through the nose.

Be aware of your breath, can you feel a rhythm in your breath?

Feel as the lungs fill with air, then release the air.

Feel the chest as it raises and lowers feeling each breath moving in and out of the body.

Feel the wholeness of your body.

Feel your body receiving oxygen and releasing carbon dioxide.

Feel how alive the body is.

The natural comings and goings of the breath as it affects the body.

The body is alive in the body.

Allow this feeling to overflow and wash over you.

Feel control with each breath feel anchored in breathing.

Feel the breath providing a strength eager to live.

Naturally, breathe in through the nose and out through the mouth expelling all the air from your lungs.

Feel your body becoming lighter and lighter with each out-breath.

Completely relaxed all the tension gone from the body.

Permit yourself to let go, to free yourself from the outside world.

Let your thoughts be free, free the ideas, free the memories, and let go.

Allow your breath to flow naturally.

Release yourself from stress.

Breathing in and breathing out naturally allowing yourself to always release tension with the outbreath.

Feel with each out-breath the release and natural weight lift from your body.

Stress Relieving Meditation 3

It’s time to go on a journey. At the beginning of this journey, you are somebody who is filled with stress. The stress keeps you awake at night to the point where you can’t even fall asleep anymore. This is not who you will be by the end of the journey.

By the end of the journey, you will be incredibly tired. You will be so relaxed, that the only thing that you can do is think about closing your eyes and falling asleep. No longer are you going to allow yourself to be awake all night thinking of terrible things that might pass through your head. Rather than focusing on the bad, we will be looking at the good. You will be stronger and braver at the end of this. The stress relief will help you be as relaxed as possible. You will feel good not only when going to bed but throughout your entire day.

This is a common way to practice breathing so that you can be more relaxed. You don’t have to do this just when you want to go to bed. You can do this at any moment when you want to bring calmer and serenity into your life. Close your eyes and make sure all thoughts leave your mind. Anytime a thought passes through your mind, gently push it away as if it were a cloud in the sky. Remember that as you continue to think of thoughts that might flood your mind, simply let them pass, not giving them any attention at all. The only thing you should be focusing on now is being as relaxed as possible.

Look in front of you as you close your eyes. Keep your eyes straight forward, and imagine nothing but blackness. Don’t drift away into a fantasy. Simply continue to keep your eyes closed. Look ahead of you now into the darkness that is behind your eyelids.

Nothing is in front of you. The only thing that you need to focus on now is being as calm and relaxed as possible. In front of you, you see a little bright light. It is nothing more than the size of a penny. You continue to see it grow and grow.

It gets bigger and bigger until you see that there is a path in front of you. In your mind, you take a step forward. It is a nature walk. This path will take you through the forest.

You are completely at peace, calm, and centered, looking at nothing but what is in front of you. The sidewalk is gray stone, and you take a step forward. You are now completely relaxed. Nothing occupying your mind, other than the sites that you see around you. On your left is a lush green forest. On your right is a large calm and cool body of water. It is a lake, nothing special about it.

It is like many other lakes that you pass. This one, in particular, is sticking out to you now, because you are more and more relaxed. Now that you have no stress to focus on, you can look ahead of you and see everything beautiful about this area. You continue to walk forward, more and more trees emerging each step that you take. On the right, where rocks line the coast, green leaves stick out through these rocks with large bushes also appearing every once in a while. Some sticks and other stones are lying at the surface of the water with waves splashing against them over and over again.

You continue to walk forward looking at the vast blue on your right. You see a path emerge on the left; you decide to follow it and the sidewalk is now gone. There's nothing but dirt. You take a step forward and you can still see the blue on your right side. You are simply now further and further away from it than you were before. You continue on this path and beneath your feet, you see a log. The log must have fallen recently in a storm. You step over it, ignoring that's even there.

There's nothing in particular about this log that is keeping you down. You simply step over it and continue to move on the path that gets higher and higher and you can see more and more of the blue water next to you. Behind the water is a large mountain covered in lush green. All around you are green, blue, and brown. It is nature, it is the earth, you are connected to it.

You see the blue beneath you. But you continue to step forward on the path. Nothing is getting in your way. You can hear the cicadas, the bees, and other bugs flying around in the woods, but none of this scares you. There's nothing that you have to worry about now. You are simply enjoying all the wonderful sights around you.

You are further and further from the water now elevated several feet above. There are a few more trees and the lush green on your right is getting greater.

Every once in a while, as you keep moving forward, you occasionally notice more branches, trees, and bushes. You notice how nature changes itself without any help. Trees fall but then a new one grows in its place. Flowers bloom. Bees pollinate, and they continue to grow greater and greater. Water is the source of so much of this. Water is where animals and nature connect. Different animals approach the water to drink from it. Birds fly over-top and land in the bushes.

It is a gorgeous site that is keeping you extremely relaxed. You could certainly find something to be afraid of. Maybe the height, the bugs, or even a snake. None of this matter now, however. You only care about being as relaxed as possible. You get to a point where there's a large tree hanging over the trail.

It casts a shadow and gives you a moment to appreciate the darkness; even when the sun is absent this beauty still exists. It even transformed throughout the day as well. Always looking a little bit different.

Throughout all of the green, wildflowers emerge.

It's not like the strict landscaping that you see it in some people's houses. It is nature creating its beautiful patterns. There are some blue flowers here and some white flowers there.

Sometimes the flowers cross over the path connected only by their color. There are yellow little dots throughout, some long purple strands, and even a few red flowers. There is no order to this, they simply grow where they had been planted.

Even though it might not have been planned out, they're still so beautiful. Now, a butterfly comes and passes over the path. It continues to fly around you and you appreciate its unique beauty. This used to be something that looked like a little worm, but it is now a beautiful butterfly. You are not afraid of it. You're not afraid of any of these little critters or gorgeous little parts of nature.

You go left a little bit more.

You see another path that takes you deeper into the forest. You're not going to go up to the water anymore. You want to get deeper and deeper into nature. You see birds, leaves, trees, and other gorgeous things above you and swallowing you as if you were becoming part of it yourself. It helps make you completely at peace. There is nothing around you, which

scares you in this moment. You are on your own, and that is, OK. You feel completely relaxed and at ease when you are surrounded by greenery. Nothing could ever cause you stress.

When there is so much beauty around you to appreciate, how could you ever have worries over things that are so small? These plants don't have worries. These flowers aren't afraid. You continue, placing one foot in front of the other.

Notice your breath again now. With each step, you take in a new breath. Breathe in for one, two, three, four, and five. Breathe out for five, four, three, two, and one.

You are completely at ease. You are entirely relaxed, nothing around you can cause you fear or anxiety. You go deeper and deeper into the forest. There is nothing but trees and wildflowers now. They all stand so tall, pointed towards the sun. The cycle of life is overwhelming. It radiates through your body, and you are reminded of who you truly are. You are not defined by the things that cause you stress. You do not have to worry about what you cannot control. There will always be so many surprises in life, and this does not scare you. It empowers you. There are so many uncertainties that we might run into, but none of this causes you to fear, it makes you feel good. It makes you feel strong, it makes you feel brave. You are part of nature, you work with it. You are one with your surroundings.

Breathe in again for five, four, three, two, one, and out for one, two, three, four, and five. Feel as the nature that surrounds you becomes a part of who you are. Each breath that you take is one that fills you with happiness, peace, and serenity. The air you breath sends oxygen throughout your body, becoming a part of the cycle of your system. You absorb everything around you through the air that you are breathing.

You see nothing around you now but the trees. The water is out of sight, you continue to walk deeper and deeper into the woods. You are entirely at peace, nothing around you that reminds you of what you experienced before is causing you any stress or anxiety now. You are completely and entirely free from the things that used to scare you.

It can be hard to know how to heal ourselves and to reduce our stress when your brain is so stressed out. How could you even possibly manage to think of a way to lift yourself from this challenging mood? Now, you

know, when you are stressed, you can come back to this for those purposes. Each step you take is one dedicated to being calmer. You continue to walk deeper into the woods and ahead of you, you notice a river.

It is a calm stream, but you can still hear the water running. You think about the water that you had just seen, and you realize it must lead to a waterfall.

Maybe one day you'll visit that waterfall. But for now, you choose to step towards the stream and watch as the water passes on the surface of the stream. Leaves are floating towards the waterfall. You can't see the endpoint, but you know where they're going and what their destination is.

You simply watch the leaves pass gently through the stream and away from you.

These leaves can represent your thoughts. Your thoughts can flow gently towards you, and you can choose to stop them. You could choose to stand in front of these leaves and pick them up. If you were submerged yourself in the water, the leaves would stick to you, the same way your beliefs do.

You could change the direction that they move in, but you don't have to do that. You can simply notice the leaves and let them continue on their journey. Do this with your thoughts as your thoughts trickle in. Just leave them be, let them pass through your mind, and focus your attention on something new. Maybe you'll find that one special leaf that you decide to pick out and choose to keep. That is okay, but you can't do that with every leaf. You have to make it special.

You continue to walk along the stream. Noticing all the different shapes of the little rocks that lay at the bottom.

Every once in awhile, you'll see a little fish dart away. Does this fish know where it is? Why does this fish wrongly swim against the current?

Does this fish know what's waiting for it if it follows the current?

What would happen if it did choose to just swim and turn around?

These thoughts simply pass through your mind, but you don't attach any emotion to them. You don't need to feel stressed or scared in this moment, you are perfectly fine. Continue.

You step further down the stream and you notice the turtle submerging itself into the water. There's a little frog as well hopping around. They enjoy nature, but do they appreciate it the same way you do?

These questions, they don’t need answers, but it helps to think about them. It can be a distraction from your stressors. You look up and see a deer. You freeze knowing that if you make any sudden movement, the deer will run away. The deer is not relaxed.

It is always on high alert for anything dangerous that might surround it. The deer does not understand that it doesn’t have to live like this. You crouch down letting it know that you are not going to harm it. You look ahead and the deer dips its neck low sticking its tongue out into the cool fresh water. It takes a few sips feeling hydrated and refreshed. You appreciate that this deer is now trusting of you.

It looks back at you before it walks away into the forest. The deer is just like you.

You don’t have to be so afraid thinking there is a threat standing across the stream. Sometimes, it could be something that could help you instead.

This fills you with peace. You turn around and decide that it is now time to head back home. You haven’t completed the path but you don’t have to. It’s okay to just enjoy a little bit at a time. Not everything has to be done to completion. You start to walk back, but now you notice all these things so differently. The sun is starting to set, so it’s getting darker and darker. More animals are hiding as others emerge. You can hear the sound of crickets as they replace the buzz of cicadas. You hear frogs start to emerge from their daily slumbers to catch any flies or mosquitoes that will be out tonight.

What was on one side before is now on the other side as you walk back down the path. You can start to see the water again, the cool blue. A few people are splashing around and taking a relaxing dip in the distance.

You pay no mind to them, they are having their fun. You are focused on yourself. You’re getting closer and closer now to the beginning of the path, you feel more and more relaxed, you are at peace with yourself and the world in which you live in. There is nothing that scares you. You don’t have to be afraid or fearful, nothing’s going to harm you. You’re more relaxed now than you could ever imagine that you would be. You are leaving this forest, a new person. This walk has changed you. You are now letting go of all the stress and tension that you have been carrying around. There is no need to hold onto stressful thoughts.

You leave all that behind, in nature. It will become one with its

surroundings. Now, you can see the end of the path, and it is almost night.

Slowly bring yourself back to where you are in the present moment. Feel your breath go in and out. Breathe in for one, two, three, four, and five and out for five, four, three, two, and one. Continue to breathe. Your eyes are still closed and heavy. The forest in front of you is now fading to black. Just like the bright light that emerged earlier, this light is now becoming smaller and smaller.

You are back home again, and you can feel your surroundings. You are connected to them, and one with nature. You are not afraid, fearful, stressed, or angry. You are just you.

Guided Meditation to Release Stress 4

When you become aware of a thought or belief that pins the blame for your extra weight on something outside yourself if you can find examples of people who've overcome that same cause, realize that it's decision time for you. Choose for yourself whether this is a thought you want to embrace and accept. Does this thought support you living your best life? Does it move you toward your goals, or does it give you an excuse not to go after them?

If you determine your thought no longer serves you, you get to choose another thought instead. Instead of pointing to some external, all-powerful cause for you being overweight, you can choose something different.

Take a deep breath and allow your breath to return its natural rate.

As you continue to breathe, note that, right now, in this moment, you have no worries. You are just a relaxed body. Any distractions that arise while you tell yourself this can wait.

Repeat the following phrases:

I am relaxed

I am balanced

I can deal with any worries later

I am relaxed

I am balanced

I can deal with any worries later

I am relaxed

I am balanced

The whole earth supports you in your relaxation and balance. Feel yourself supported and held.

Feel that everything you have done in your life has brought you to this moment without errors or mistakes.

This moment is perfect.

When you feel doubt, say hello to it and let it know it can't distract you from your purpose.

You are relaxed

You are balanced

You can deal with all doubts and worries.

Know that you can achieve this at any time because you are supported and held in balance.

Thank yourself for taking this time to connect with your body and balance.

Open your eyes and gently move your hands and feet.

Before you get up, stretch your arms and back again, like a cat after a most satisfying nap. Stretch as much as you can. Feel yourself pushing your body into this world that is filled with all sorts of healing energy. Know that it is all there for you.

Close your eyes lightly and become aware of how your body feels as you settle into the position you've chosen. Feel free at this time, to move around a bit if you are uncomfortable. Wiggle on your sitting bones.

If you are sleepy, you may prefer to keep your eyes open. If so, lower them to a soft focus on the floor in front of you or on the ceiling if you are lying down.

Take a moment to feel the weight of your body on the chair and floor. Feel how you are supported without doing anything but being right here, right now.

Bring your attention to your breathing. Take three deep breathes at your own pace. Fill your lungs and abdomen as full as you can without raising your shoulders.

Notice where you are most aware of the breath. You may be most aware of how your abdomen rises and falls, or how the movement of air feels in your nose.

You may be aware of areas that feel tight when you try to inhale deeply. This is natural and it's ok. Sometimes, we are embarrassed to feel your stomachs get bigger as they fill with air.

Know that no one is watching. Be greedy. Breath is as much as you want.

Imagine the air is a golden light that fills your body. Your body knows how to use the air and knows how to use the light.

Shifting your focus from your breath, begin to scan your head and face for any areas of tension.

As we begin to scan the body, you may notice areas of tension. When you notice this, try to relax those muscles. You may find that a small stretch and release of the muscles helps reduce the tension. This doesn't have to be a big movement. It is something that resets the muscle memory into one of relaxation rather than tension.

Feel your forehead: Is it tight? Do you hold your worries there? If you notice tension, you may find that small movements will help you relax. Try raising your eyebrows and letting them fall back into place.

Feel for tension around your eyes. Maybe you are holding them too tightly closed. Imagine them relaxed and light.

Bring your attention to your cheeks and mouth. Relax your cheeks and bring the corners of your mouth slightly up into a kind of a private smile. It feels good to smile, doesn't it? It helps to relax the jaw and set the tongue lightly against the roof of your mouth.

Focus your attention on your neck. Does your head feel balanced? Tuck your chin slightly to lengthen the back of the neck. This will help to balance and release any tension.

Bring your awareness down to your shoulders which is where many people hold their stress. Raise and lower the shoulders a couple of times. Move them on a circle if that is comfortable for you and let them relax into a neutral position. Feel their weight as they fall down and slightly away from the body.

Now feel your arms and hands. Rest your hands lightly on your legs (or the floor if you are lying down). Stretch the fingers just a bit to be sure you aren't holding tension there. Let your arms and hands be fully supported by your legs.

Moving your awareness around to your back feel for areas where your muscles are tight. Are you holding yourself up in a rigid position? Maybe you've arched your lower back so you are sitting up too straight. Relax into the chair or floor with your lower back flat.

Put your hand over your heart and feel for any tension in your chest. Take a few deep breaths and exhale whatever tension you feel there. Inhale slowly and feel where the air is going. It is normal to breathe less than we can. Right at this moment, you want to breathe as fully as possible.

Take another deep breath and feel your abdomen filling. Notice any ways

that you stop the air. Maybe you are a bit nervous about what will happen if you let go. This is normal Know that you are safe to breathe as deeply and fully and let go as much as you want in this safe environment. Relax your stomach muscles. No one is looking. Let it go.

Feel your legs. So important holding you up and grounding you to the earth. Notice any tension that you may be holding in our legs and relax. You won't fall over. Try stretching them in front of you and releasing them back with your feet flat on the floor. Point your toes into a good stretch and relax the leg fully.

Scan your body for any areas of tension that remain. Take note of those areas. They may be trying to tell you something but, right now that can wait Tell yourself that it is ok to relax fully and just be here in this moment right now.

Feel what this state of full relaxation feels like. Maybe you haven't felt this relaxed in a while. Know that you can create this for yourself at any time.

Chapter 5: Guided Meditation Overcoming Insomnia

One of the major mental health problems dealt with today happens to be the unfortunate lack of sleep caused by insomnia.

Insomnia itself stems from a variety of response states, including anxiety and worry. The anxiety state leads to your body being put in a state of constant alert all day, which, in turn, causes the body to deteriorate quickly and be forced to fight off tiredness and difficulty breathing, as hyperventilation weakens the body's physical strength reserves.

The worrying state is similar in that it results in physical stress on your mind by replaying the fears or uncomfortable images you have had which, in turn, make sleep or restfulness impossible. The worst part about the worrying state, however, is not just that it keeps you from being comfortable, but rather how it seeps into your daily life. With anxiety and worry being a regular part of life, insomnia also tends to follow.

Guided Meditation to Improve Insomnia

As before, try to use the first five minutes of this exercise to find yourself a comfortable position from which you can conduct the meditation. Keep in mind that unlike other forms of meditation, insomnia meditation cannot be conducted in a seated position, meaning that you will want to find yourself a comfortable bed or position from which you can continue.

It is also important that you keep in mind that insomnia meditations are not to be undertaken while you are in control of any form of vehicle or heavy machinery. Strong bright lights are considered inadvisable and should be turned off for the best results.

You are now ready to start your meditative guide.

Breathe deeply three times and purge your body of stress.

As you breathe in each time, hold your breath to the count of four and release slowly.

Breathe in.

Release.

Breathe in.

Release.

Breathe in.

Release.

Your objective today is to teach yourself how to fall asleep and to relax. Over time, you may have forgotten how to fall asleep and how to release the stronghold you have on your unconsciousness so that you can allow your mind to recharge.

We will be counting backward from fifty, and by the time we reach zero, you will have mastered your ability to slip into calm, relaxed unconsciousness.

Start by asking yourself why you are having such a difficult time falling asleep.

Is there a specific thought that is worrying you?

Is there a list of things that you need to get done?

Is there a prospective outcome that you are nervous about?

Whatever it is that is keeping your mind constantly engaged, I want you to take a minute and truly focus on it.

Ask yourself if there is anything for you to do now, in this moment.

Breathe in.

Release.

You'll notice that, even though there is nothing to do at this moment, your consciousness is finding it difficult to release this particular thought.

Empty your mind's eye and open a blank sheet of paper. Mentally type up the problems and the fears that you have, which are constantly breaking through your consciousness. Here, you are downloading your worries and your fears so that they are no longer grasping on to your mind.

Once you are done, close the document, and refresh your mind.

You are clear.

You are unburdened.

You are light.

Your thoughts and worries are there and will remain there for you to return to tomorrow. For now, you are meant to focus only on your consciousness.

Breathe in.

Release.

Breathe in.

Release.

Breathe in.

Release.

Today, you choose to be unburdened, and, in turn, you feel that choice free you of the heavy weight that is upon your shoulders.

Remember that today, you are free, you are not tied down, and you are not fettered.

You can feel the tension in your neck and shoulders slowly release as you allow yourself to sink comfortably into the arms of relaxation.

Feel relaxation sink deeper into your bones and radiate from your spine and your ribs, all the way down to your toes. Every part of your body is releasing energy, and as you slowly continue to release it, you are allowing

the comfortable cradle of sleep to rock you into a melodic lull.

Repeat the following with your soul: ‘Today, I choose to relax. My goal today is to release the tension from my body and to free myself from all forms of awareness.’

Breathe deeply to the count of four, and as you breathe out, allow the weight of your consciousness to lower your eyelids.

You are falling deeper and deeper into your unconsciousness.

Breathe in.

Release.

Breathe in.

Release.

Breathe in.

Release.

Chapter 6: Guided Meditation to Start Your Morning Right

Guided Meditation to Start your morning right

The subconscious mind is generally put off balance by two major issues, the first being fear and the latter being worry or the re-living of fear in conscious moments with conscious thoughts. In order, to cleanse the soul of all forms of negative reenactments, we have chosen to push forward with what is called guided meditation on positive consciousness.

Paths of consciousness are all intertwined. As you grow older, you will begin to realize that each of these paths underpins your actions by filtering the energy with which you choose to process your life's force. As such, the best way to rebuild your bridge to relaxation is to work on a positive filter through with you can view yourself and transform your consciousness while also healing and moving forward.

As one of the simplest forms of meditation, positive consciousness works almost exclusively on the rebuilding of conscious mind maps. For whatever reason, at some point in your life, your self-esteem, your self-confidence, and your courage to move forward have all been tampered with.

By focusing on positive consciousness, you can attempt to see all these self-inflicted wounds. No longer are your thoughts at the mercy of other people's perceptions of you. In contrast, you will now become whoever it is that you need to be to meet your demands and aspirations. As you seek a suitable position to begin this meditation, stretch out your body to first rid it of any wasteful energy that has been left over from the day before.

As you seat yourself, stretch out your back until you feel a sharp pull, and at this point, lower your neck to be level with the floor. Outstretch your arms upon the tops of your knees and lift your palms upward and leave them facing toward you.

You are now ready to start your meditative guide.

As you slowly close your eyes, fix within your mind's eye a point from which you are meant to gather all consciousness. Remember that your consciousness has suffered in recent days and, as such, needs healing. By promoting positive consciousness, not only are you rebuilding this broken stream of goodwill, but you are fortifying it so that it will be protected

from any future harm.

Breathe in carefully to the count of five.

Hold to the count of four and then slowly release.

You are resilient.

You are calm.

You are undisturbed.

You are gifted.

Exhale deeply, purging yourself of all the negative stress and energy that has been building in your body, and instead, open your mind's eye and with it, you should be able to see and feel the energies around you.

You are seeking within yourself a way in which you can let go and be at peace.

The cool darkness behind your eyes is inviting you to feel calm and at peace. The bright lights at the periphery of your mind are showing you the endless possibilities that you have at your disposal.

I am capable.

I am smart.

I am efficient.

I am worthy.

I am talented.

I am resourceful.

I am bright.

I am attentive.

As you remind yourself of these things, open your mind once again to see the various energies that are flowing through your being. With your mind, start to follow each channel of energy until you can see how they flow beautifully into each other.

This time, as you repeat each positive affirmation, weave it through one of the strands of energy so that it will flow perfectly though your mind from now on and forever after.

I am capable.

I am smart.

I am efficient.

I am worthy.

I am talented.

I am resourceful.

I am bright.

I am attentive.

Each of these thoughts is now an inviolable part of your consciousness. As your energy begins to build in your center, allow it to move upward to your mind and, as you raise your neck, lift your face forward to accept the new revolutionary truths that have become a part of your reality.

You are powerful.

You are significant.

You are respected.

You are loved.

Repeat the last four phrases in your mind once again.

I am powerful.

I am significant.

I am respected.

I am loved.

Breathe in.

Release.

Breathe in.

Release.

Breathe in.

Release.

Say these Positive Affirmations

The world is created to offer us beautiful things.

I become what I imagine.

I create my future.

I am ready to have a very good day.

I am the captain of my spirit and the master of my soul.

I will have a very good day.

I believe in the power of positive thinking.

I respect people because they are like me.

I am in good shape.

Every day offers a new range of possibilities.

My mind is only a reflection of what I think.

I am a happy person and ready to move on.

All I wish is going back into my life without my noticing it.

The experiences of life are magical, every day I learn new things.

Today will be a day full of twists and turns.

I know exactly what I'm going to do with my day.

I am happy during this day.

I am determined to perform this morning routine.

Joy is already present in my life, it is enough for me to open my eyes to see it.

Every waking morning, I leave the bed with enthusiasm and happiness about my life and my day to come.

I am fulfilled and feel very good about myself.

My dreams are my reality.

Energy is abundant in me.

I smile at every opportunity.

Smiles are the first thing I do when I wake up.

The morning is the best time of the day.

I have confidence in the future.

I exceed my limits every day a little more.

I can create the body I want.

I know how to push myself to get what I want.

My job is the hidden part of my success.

I like the moments spent at work.

I am doing today the tasks entrusted to me without putting off to the next day.

I’m acting now to create the future I want now.
I work a lot on my projects with an inconsiderate joy.
My work is a moment of pleasure where I learn to surpass myself.
I can let go for better results.
I give myself breaks.
The rewards are already there, I just cannot see them for the moment.
I assume all my responsibilities with kindness.
I stay positive even in the face of the most negative things.
My work is done with rigor.
Conviction dictates my work.
My motivation is the key to my success.
My work is governed by my determination.
My work is the key to my success.
I am master of the direction of my life.
My job allows me to get what I want most.
Productivity is abundant in my actions.
I am aware of my ability to work.
I’m doing a good job.
I demonstrate to my boss my abilities.
My actions are proof of my determination at work.
Difficulty is an element of motivation to show who I am.
My work is organized and I am my action plan.
Concentration is a quality that I have that allows me to do my job well.
I can make decisions at work.
My success is present.
My professional life is rich and fulfilling.
Every moment spent at work brings me closer to my goals.
My life is a success.
I have clear ideas about my future.
As you prepare yourself to open your eyes, you are embodying a positively minded individual.

Chapter 7: Past Life Regression Hypnosis Session

Mindfulness and the Present Moment

If we were to look truthfully and honestly at the way you spend your time, we would notice that we are always in an autopilot mode. We are planning for the future. We are looking at the past and wishing we did things differently. We are always completing to-do lists and worrying about the next item on that list.

We are so caught with moving forward into the future that we have no idea how to enjoy the present moment. Eckhart Tolle says this of most people, “They are looking at the present moment like an obstacle which needs to be overcome so that they can reach the future.” “This attitude is insane,” he says, “because the present moment is nothing but life and with this insane attitude, these people are not really living.”

Look at the following instances in your life:

Being excited about traveling somewhere, reaching the destination, but completely forgetting the journey

Waiting in anticipation for a great dinner experience and afterward not remembering anything you ate or tasted

It is possible that the above instances have taken place many times in your life and you don’t even realize what you have missed, isn’t it? It is all because our minds were lost in some thoughts somewhere else other than the present moment.

Yes, our days are more or less made up of mundane activities including cleaning, eating, driving, doing dishes, etc. Yet, these are the chores and work activities that make up our lives and there must be some way to live mindfully from moment to moment completely engaged in each of our little activities, no matter how seemingly boring or mundane they are.

Practicing mindfulness is the most efficient way of leading a fulfilled and happy life filled with wisdom involving the awareness from moment to moment of everything that is taking place within and outside of us. From within, we become more aware of our mind, thoughts, and body while from the outside, we broaden our vision and see everything that is happening around us making us more alert, still, and yet content.

Do a little exercise right now. Take your eyes off of this book and look around you. What do you see? If you are in a room, notice the size of the room. Is it big or small? If you are outside, can you see the enormity of the sky above you? What are the sounds you hear? Notice and observe. See if you can identify the sounds and sights. What about smells? Can you identify any smell or is the surrounding completely odor-free?

Now, turn your focus to your body. Can you sense anything? Can you feel the pressure of your buttocks on the seat? Does any other part of your body feel stressed out? Is there a sense of discomfort or comfort in your present arrangement? What is your mental state? Are you happy, sad, or depressed? Don't be judgmental. Simply watch, observe, and notice everything as acutely as possible. Let your mind behave like a curious child who simply wants to know and not pass any kind of judgment to his or her learning. The child is happy if you answer his or her questions. Feel the amazement of doing this for the first time like how a child would feel if he or she had chocolate for the first time. Feel the wonder of the things within and around you. This is the beginning of becoming mindful and being in the present moment.

Masters and practitioners of mindfulness will tell you that being mindful and being in the present moment helps you lead a peaceful and stress-free life as you slow down to enjoy every passing moment in its entirety. Moreover, practicing mindfulness helps you be more joyful and happier than before.

Without mindfulness in play, our minds are dulled into a monotony of uncontrollable and wavering thoughts. These thoughts not only create stress but also have the power to take away our ability to absorb a part of the abundance of joy available in the present moment. These thoughts of the past or of the future have robbed us of our natural curiosity and the joy of discovery. We are so caught up in the inner voices and thoughts that we fail to notice the abundance of joy in and around us that is there for ours to take.

As we practice the art of mindfulness, we become more aware of everything and notice even the small things that we have either taken for granted or forgotten it exists. Take the mindful breathing exercise, for example. We have taken for granted our ability to breathe. We have forgotten the immense power of this breath and how without it, we can be

dead. The deliberate attempt to focus on the way the air inhaled and exhaled; the way our body behaves as we breathe, etc. are meant to draw the attention of the amazing mechanism on which our life hangs!

We are, in truth, surrounded by an abundance of happiness and beauty. It is possible to eat, walk, and live each day mindfully so that we are constantly in touch with this plentiful source of happiness and joy that surrounds us.

Mindfulness and Difficult Times

The practice of mindfulness is not an exercise in achieving bliss throughout your life. It is an exercise to help you handle difficult and troubling times too. Mindfulness is all about being attentive without being judgmental; observant without arriving at any ‘right’ or ‘wrong’ kind of conclusion about anything or anybody. Mindfulness teaches us to notice and watch everything without wishing things were different irrespective of whether the situation is good or bad.

In a negative situation, our emotions are so powerful that we are easily led astray with non-productive thoughts that don’t help us in looking at anything in a positive light. It is so easy at such times to think and react based on negative thoughts impulsively and do things that we might regret later.

By practicing mindfulness, we put a safe distance between ourselves and our emotions giving us the needed insight to look at them objectively. This will help us release the sense of attachment we have towards our emotions. So, our outlook from ‘my anger’ changes to ‘being angry.’ It changes from “I am very angry,” to “I am in a temporary state of anger which will soon pass away.”

Practicing mindfulness is the most effective way of being in the present moment. Mindfulness allows your mind to be broad and expansive allowing you the freedom to fit in all kinds of perspectives without judging them in any way. It empowers you to look at everything objectively so that solutions for problems are easily visible.

Past life regression Hypnosis Session

Mindfulness meditation is about helping you to focus on the present. It is far too easy to let your mind wander and think about the past or the future. You can look at it this way. Your body is always in the present. It can't go back to the past or skip ahead to the future. Always try to focus on the present moment. Once again, when your mind or emotions wander, go back to your breath. That is what will keep you grounded and bring you back to your reason for mindfully meditating.

Those are the steps that will get you into your meditative state. Once you are there, what happens is up to you. This is where things are different from one person to the next comes in. How you choose to take yourself through your practice is entirely up to you. Next, we will cover some mindful exercises that will help get you deeper into your meditations.

We've talked about how when the mind wanders, it's important to come back to your breath. Now, we will get into a little more detail with mindful breathing.

Take three easy, gentle breaths through your nose and exhale slowly and steadily. With each breath, feel your body slowing down and becoming immersed in your breaths.

Now that you are aware of your exhales, take note of your inhales. With each breath in, pay attention to any feelings of tension and note what it feels like as the breath enters your lungs.

Shift your awareness once more to your exhales. Observe the sound of your breath as it leaves your body. There is no judgment, just observance.

Continue to breathe evenly and gently for several minutes.

Take note of what is happening inside your mind. If it is wandering or your thoughts are drifting, don't judge or criticize yourself. Notice, then redirect your attention back to your breaths.

After about ten minutes, open your eyes, and come back to your awareness. Notice your surroundings. Bask in the tranquility, peace, and stillness of the moment you just experienced.

As a beginner, this is a great exercise on awareness. It helps you to start to

find your breaths, be aware of any thoughts that may sneak in, and get your focus back. Know and accept your mind for the wonderful thing that it is. We all tend to let our minds wander. With practice, the breathing technique will become easier each day.

The next exercise we will practice is one in everyday mindfulness. This exercise will involve some of the things we do daily in which our autopilot takes over. We want to be mindful of everyday experiences, too. In doing so, we will be able to become better practitioners when it comes to mindful meditation.

This exercise is quite easy. Take some time to reflect on some of the activities you do during the week, but that is mindless. Some good examples of these are; doing the dishes, brushing your teeth, walking the dog, driving to work, taking a shower or eating breakfast.

Over the next week, choose one of your daily, autopilot activities to focus on each day. There is nothing that needs to be changed about your routine. Don’t go slower or faster. Complete these activities as you always do. All you are doing now is increasing your level of awareness. Engage in one activity per day in a mindful manner. Don’t rush through it, don’t let your thoughts drift elsewhere. Perhaps while you walk the dog, take notice of your surroundings. What is the weather like? What does it smell like? What does the pavement feel like beneath your tennis shoes?

Once the week is over, write down your reactions to your experience. How did it feel to engage in a mindless activity mindfully? Was it any different than usual? You can do this again the next week with a different activity. Just remember, the point of this exercise is to be mindful in many of those activities that are considered mindless.

Chapter 8: Meditation For Feeling Healthier

Meditation for Feeling Healthier

This will be a visual meditation that will help guide you on a journey to feel healthier.

The healthier we feel, the healthier the look, and the happier we are. Our health is what is most important, not just how we look. Looking good will just be an added benefit of being healthy.

Start by focusing on absolutely nothing, pushing all thoughts that might enter your mind out of your head. The only thing that you need to be focused on is your breathing.

Each breath you take, remember how healthy it can make you feel. There's nothing more powerful than knowing that you can take a big breath whenever you want. Do it now, but slowly.

When we count down from five, take in the longest and slowest breath that you possibly can. Once you have done that and reached your capacity, let out the slowest possible breath afterward.

Five, four, three, two, one. Breathe in now for as long as you can. Feel your body expanding as you do. Notice the way that your chest gets bigger, your stomach too.

As you let it out, feel it deeply what that means to let this air go. There is almost nothing left in you as you let that breath out. For a moment, you feel empty, like a hollow shell.

Then you breathe in again, and it feels you once more with this power and this energy. As you let it out again, you understand just how important this air is.

Your body knows how crucial it is that you stay consistently filled with oxygen, as well. It will power every single aspect surrounding you. The air makes up who you are. Without it, we would not be able to grow.

Continue to feel this air come into your body and leave gently, over and over again, as we move onto the next part of the meditation.

Breathe in through your nose and out through your mouth. When you notice your breath, it can be easier to feel like it is irregular, maybe even too rapid. Slowly regulate your breathing, staying focused on feeling that

air comes in, and then watching as it gently leaves your body as well.

Each breath you take in, your mind becomes darker and darker. There is nothing in your vision, nothing you see or feel.

If there is an image that might pop up in front of you, then you will slowly pass it out, focusing on nothing but blackness.

Breathe in and out, the only noise you hear is the sound of the air moving through your body. Doing this alone makes you feel healthy. Filling your body with the air it needs makes you feel whole.

As you keep your eyes closed, seeing nothing in front of you, suddenly, you start to make out a long bright horizontal bright line. As you continue to stare forward, you see a road that leads to this line. The more and more you focus on what's in front of you, the more you can see a long and bumpy trail stretched out ahead.

You take a step forward, in your mind only, walking towards this long bright line.

The more you walk, the more you can see that it is a gentle sun setting over a rocky hill. Some trees are emerging, encapsulating the trail now. Each step you take forward is one that gets you closer to this horizon. Only, it seems like it is growing further and further away as well.

You veer off to the right a little bit, walking towards a trail made for hikers.

You suddenly notice that you are feeling incredibly light. The sign says that the trail has hills as well, but this does not discourage you. There is nothing in your way. You have all that it takes to tackle every hill you might run into on this hike.

You start on the trail, gravel crunching beneath your feet. You are at an incline for a bit, but this does not tire you just yet. It is a nice warm incline, helping you to feel the light burn through your legs. It feels good. It feels healthy.

You are healthy. You walk up the first hill with ease, turning on the trail back towards where the sunset is, casting a purple and pink glow over your trail. It is getting darker, but you are not afraid. You appreciate the beauty that is surrounding you.

The sun peeks through the trees like the stars in the night sky through clouds that still linger above.

Every aspect of nature is connected. You start to see now how the trail seems to be quieting down just as you might be.

This is not a hike just to lose weight. You are going on this journey to be more connected to nature. You are taking this path because you are focused on feeling better.

It feels good to be surrounded by this nature. Nothing fills your heart more and makes you feel more complete than to be connected to the ground. You continue to feel the gravel crunch beneath your feet, each step powering you forward.

You are sweating ever so lightly, but nothing that will make you feel dirty or gross. The sweat is good. It is helping to keep your body regulated. You know that the sweat is just from the resistance you are putting on your body. You are working it out now because that is healthy.

You are doing this because it makes you feel good all the time. There is nothing hard about enjoying the beauty that surrounds you.

You notice how the trees have started to grow in harmony with each other. Some bend the same way, pointing towards the sun. Smaller trees have started to wrap themselves around bigger ones that they've been placed next to.

No one controlled where these trees grew. They simply decided to take their place and grow how they pleased.

You can see all of the animals that have been there before as well. Holes in leaves from caterpillars, bird's nests, and crumbs from squirrels pop up here and there around the trail. This is not just a place that you are walking, enjoying what's around you. This is a community. This is home.

You feel more connected to the earth than ever seeing all of the life harmoniously around you. It is a peaceful reminder that even though this nature might not understand your struggle, you are not alone.

You are coming up to the halfway point of your journey now and you realize that you haven't once looked back yet.

You haven't needed to. The only thing that you care about is where you will go moving forward.

The sun has almost completely set, but that is perfect timing, as gorgeous lights on the trail become illuminated. Some lights are wrapped around trees, others are simply posted on stakes driven into the ground.

These lights show you how everything has not all gone to sleep, some animals are just getting started.

The crickets are making their sound, with the occasional frog ribbit adding a nice bass. Some birds are making their way back to their nests and the lightning bugs have started their light show as well.

You haven't even realized that you've almost completed the entirety of the trail.

As you make it to the end of the path, you start to realize how this can represent your story metaphorically. The journey had some struggles here and there.

Some hills were harder to get up than others and there were times that you didn't even realize you had been walking on an incline. The thing that got you through to the end the easiest, the part in which you were able to push past the challenges, included admiring all of the beauty around you.

You are at the end of the trail now and everything is starting to fade into black again. The entire time, you noticed your breathing. You felt your air come in, and back out again, and back in, as you walked the trail. Now, you are still feeling that breath and it feels even healthier than it was before.

Every little movement you make with your body is one that will help you feel healthier. You didn't lose 100 pounds on this one walk, but you do feel 100 times better.

You see nothing but darkness again, but you are still feeling relaxed and peaceful. Your eyes are closed, and you feel healthy. You know what your mindset needs to be as you journey through some of the harder challenges, like making it down a bumpy trail.

As this meditation comes to a close, remember how healthy you feel right now. This will help you look better as well. Continue to focus on your breathing as we count down from 10. You will either drift into sleep or go on with your day, feeling healthier throughout.

Chapter 9: Strategies and Mind Exercises

When we think of weight management, our minds often go to diet and exercise. What’s more important than hitting the gym is exercising our brain. If we make sure that the most important organ in our body is taken care of, we can be certain that other healthy habits will soon follow. You can diet, exercise, and do everything else you need to lose weight, but if you continually distract, deflect, or flat out avoid your problems and root issues, you will never find true happiness. The happier you are and the more aware you can be of your mental health, the better it will be in the end which will also lead to an overall better quality of life.

Keep a Journal

Keeping a journey is a healthy habit for many people no matter what their goals, but it’s important for someone that wants to lose weight as well. By writing down your different portion measurements and exercise habits, you can better ensure that you’ll have a basis for evaluation. When this is done, you can predict future problems that might keep you from your goals by looking back on the days of recorded mistakes or slipups. You can see what kinds of schedules and structures aren’t working so you can create better habits in the end. The more extensive your journaling, the better you’ll be able to create your own research study of your weight-loss journey, meaning you can share your progress or use it as a structure for future diets.

Avoid the Scale

The biggest issue with weight-loss strugglers comes when they see the number on the scale. Someone that wants to lose ten pounds might get discouraged if they find they only lost nine. Sometimes, people might even have to gain weight before they end up losing a pound. By avoiding the scale altogether, certain failures and disappointments can be avoided as well.

Find a different way to track your progress. You can have monthly weigh-ins, but it shouldn't be something that should be checked once a day. Our weight fluctuates so much throughout our journey that it isn't worth stressing over daily. Any checking that happens more than once a day is also likely a bad habit; you're using it to distract yourself from a bigger issue.

The Calorie Myth

When many people diet, they focus too much on calories. They'll see that a certain snack pack only has a hundred calories, which means that it's good for you, right? Wrong. When we focus too much on how many calories are in something, we're failing to look at all the other factors that make up that product. Something with zero calories might include harmful chemicals or hidden substances that are bad for us. Something with a ton of calories might be avoided even though it has a large number of vitamins and necessary fiber.

Calories should still be considered, as the more calories you take in, the more you have to burn through exercise. They still shouldn't be a basis for what foods you decide to eat. If you focus too much on calories, you'll end up losing sight of other important issues. Remember that weight loss isn't about numbers. What's on the scale or the nutrition package is important in making certain measurements, but they shouldn't be the definitive goals that you're creating on your weight-loss journey.

Talk About It

Keeping things in is never good. It can feel pretty awful. Those that are overweight might find themselves feeling embarrassed about their weight. Maybe they end up making excuses for themselves when they eat certain foods, verbalizing these reasons to others around them as a form of validation. “Oh, I’ll just start my diet tomorrow,” you might hear someone say as they sneak a few extra cupcakes from the dessert table. This kind of discussion can be counterintuitive. Instead, try talking about the issues and struggles you have rather than about the way you’re going to make up for your problems later. You might find that you end up getting some great advice from a person that’s going through a similar struggle.

It’s important to be a good listener as well. Sometimes, people aren’t looking for answers or advice when they’re complaining about their issues. It’s nice to just have someone to vent to every once in a while. By creating a discussion, you can more easily tackle the issues that are causing problems in your weight-loss journey.

Avoid telling people about your goal before you get on track, however. Talking about your feelings, emotions, and struggles is always a good thing. Sometimes it just takes saying a thing out loud for it to feel real. However, many people set themselves up for failure by sharing their goals too early. Those that post on social media about how they’re going to lose weight are less likely to follow through with their goals. Stay silent with the majority at the beginning of your journey, confiding in just those you know you can rely on and trust.

Affirmations

Practicing affirmations is an important mindset strategy in weight loss. An affirmation is a type of positive reinforcement that helps in combating negative thoughts. Instead of telling yourself, you're "no good" because you didn't follow through with a small goal, you should give yourself an affirmation such as "I am capable of continuing" to remind yourself of how powerful you are. Below is a list of positive affirmations you should use to combat negative thoughts and improve overall encouragement:

I can do this. I am capable of losing weight and I can reach my goals.

I am exercising every day and eating healthy as often as possible. I am doing what I should be doing in order to achieve my goals.

If I can start my journey, I can finish it.

I do not need processed foods to feel happy. I can feel the same joy from cooking a healthy meal.

I have exercised before and can do it again. It is hard to start, but I know that once I do, I have what it takes to finish my exercise routine.

I am healing myself. I have been through challenging times and deserve to feel happy.

I am loved and am full of love.

I am losing weight to be healthy.

I am beautiful no matter what size. Skipping one day at the gym does not mean that I am not beautiful.

I am eating healthy food full of nourishment. I can feel the positive change in my body, and I know that I only have more to look forward to.

Time Management

The most important part of a weight-loss journey is time management. This doesn't mean setting a quick goal and achieving it as fast as possible. It's all about using time properly and understanding how long it takes to do something. We set ridiculous goals for ourselves in the hopes that we'll achieve something great, but what ends up happening is, as the end-date approaches, we become overwhelmed and are set up for disappointment. We have to be realistic with our time goals and consider all factors when making different plans.

Practice Patience

Patience is hard to achieve. Anyone that wants to lose weight hopes that they can just jump on the scale after eating a salad and see the number drop by double digits. We have to accept before starting a weight-loss journey that this will never happen. We won't be able to just lose the weight overnight.

Sometimes, patience is hard to have when exercising. Many people find themselves getting bored on treadmills or other machines that require a repetitive activity for minutes at a time. Use different exercise methods that you find fun or entertaining, such as a dance class or going on an interesting trail run. If the gym is your only option, use the boring moments on machines as a way to meditate. Clear your head, not thinking of how much weight you want to lose or what else you have to do to get there. Just practice counting or focusing on a quiet place you find peace in, such as a beach or a park. Visualize this to find a place of meditation. It'll take practice, but you'll soon find that you can zone out and work hard if you just focus.

There is No Rush

Weight loss takes time; we can’t emphasize that enough. Some diets and exercises will help you lose weight quicker than others, but overall, you’re going to have to put in a lot of time to lose weight. Remember not to feel too rushed throughout this journey. You have to be strict and consistent to see results, but there’s no point in forcing yourself into ridiculous time constraints. If you cause yourself anxiety over certain dates, you might feel the need to stress-eat or go through dangerous dieting practices to get there.

Set Small Goals

Instead of looking at a wedding coming up in a couple of months as your goal for losing weight, instead, use that as a small milestone. Many of us get worried looking at the future, thinking of things coming up as the time limits for which we have to lose weight. Maybe it's March and you only have a couple of months until swimsuit season. Instead of going on a diet to lose thirty pounds in three months, use the beginning of summer as a small milestone in your journey. Aim, instead, to be healthier and more confident by the time summer comes, rather than giving yourself a ridiculous goal that you don't even know if you can achieve.

Lifestyle Change

Losing weight isn't just a reduction in numbers. It's a change in the entire way you live your life. Some people seem very thin and yet they might be able to eat whatever they want. These people give the illusion that if an overweight person becomes thin, they can then start to eat what they want. That's not how it works, however. Those thin people are just among the handful of individuals that were just born lucky! If you're overweight now, there's a good chance that its part of your makeup and weight fluctuations might just be something you have to learn how to manage.

This means you can't just cut out soda for a year, lose fifty pounds, and then start drinking soda again. The weight will come back if you don't manage your habits. That idea can be scary for some people. They might assume that they have to give up soda forever. That doesn't have to be the case. What has to change is just how much soda you can consume. If you drink a Coke a day, you might want to just give the Coke up, hoping you can go back to that behavior after you lose a certain amount of weight.

You have to accept that you can no longer drink a Coke every day if you want to keep up with your weight. Instead, maybe just have soda on weekends, or only when you're going out to eat. Find a way to incorporate the things you desperately love from your past life into your new healthy lifestyle.

Keeping the Weight Off

The part where many people fall through with their goals is after they achieve them! Many people get to their desired weight, see that number, and think they no longer have to keep up with their diet plan. Then, the weight comes back, and the cycle of disappointment has to be lived all over again. Remember that once you reach your first goal, you should set another one. The second might not be as extreme. For example, maybe your first goal is to get down to 180 pounds. Once you do that, you have to come up with something new. That might be getting down to 170 pounds, or it could be something different, such as improving the muscle mass in a certain part of your body. Never stop setting goals. The level of difficulty can fluctuate. But to stay on track and keep the weight off, you have to continually encourage yourself to do better.

Change Things Up

Some people might find that after a year or two of dieting and exercising, they stop losing weight. This can be because their bodies are now used to healthy behavior. You probably won't ever lose as much weight in a diet as you do at the beginning. Those transformations can be invigorating, but remember that as you continue, it will become a little less drastic.

If you feel you've plateaued in your diet, you should consider changing things up. This might involve trying an entirely new diet, or it could be working out differently. Incorporating variety helps to ensure that you'll stick to your goals while also having fun!

Don’t Revel in Regret

Once you reach your weight-loss goals, you might find yourself feeling regretful. Maybe you feel remorse over not doing it sooner. You might think to yourself about how if you had started exercising as a teen, it wouldn’t be so hard to keep up with the weight now. Don’t blame your past self for what they didn’t do. Instead, thank them for what they taught you. There is no going back in time. What happened, the decisions we made, and the weight we gained already occurred, and there’s no reversing. Instead, we have to look at our past mistakes and use them as lessons.

Remember that you wouldn’t be the person you are right now if you hadn’t experienced every single thing you did. The more you learn to love yourself, the better you’ll be able to forgive the past “you” for all the things they did you wish they hadn’t.

It Gets Easier

Always remember that it will get easier. You just have to get into a healthy lifestyle with good habits. The more practice you put into working out, and the more dedicated you are to your diet, the better you'll be able to manage your weight. The first day at the gym will be tough. You might be excited to start, but there also might be feelings of fear of judgment and anxiety that you might fail. Don't let anything discourage you from going back. Every time you walk through the doors of your gym or decide not to eat the candy in the workroom, remember that next time, it's going to get even easier.

The struggle doesn't end. Your legs will always be sore after an intense workout. You'll still sweat through your T-shirts, and you'll still crave all the sweets that caused the weight gain in the first place. Those difficulties don't just disappear. However, the more dedicated you are and the better focus you have on achieving your goals, the easier it gets every time.

Mindful Meditative Practice and Simple Exercise Examples

In this chapter, we will go through the process of mindful meditation and at the end, will provide simple examples on how to practice. These examples are meant to get your creative ideas flowing so that you can find what works best for you.

Choose your environment

This step is key. You need to find a place where you will not be distracted. You will want to put any electronics away to avoid the temptation of social media. You will also want to be in a place where you will have no interruptions. In this space, you can have flowers, pictures, or inspirational items that help you to focus and can be a focal point.

Get comfortable

You will need to be stationary for several minutes consecutively. That makes being comfortable particularly important. Make sure the temperature of the room is tolerable. While meditating, your body temperature may drop, so try to have a blanket nearby. You can sit on pillows or cushions…whatever you need to make that sitting position comfortably. You will also want to wear comfortable clothes. Sweatpants and a t-shirt are perfect.

Set aside time

We've mentioned this before. Start slow with ten to fifteen minutes per day. If you can do this in the morning and at night, perfect! If not, once per day is fine. It's a good idea to set a timer so that you aren't tempted to check the clock while you are practicing. You will want to have a soft buzz instead of a loud beeping or alarm. You don't want to be jarred out of your practice. That can be detrimental to all the relaxing meditation you just spent time on.

Try different postures

There are some meditative techniques in which the practitioner can lie down. For mindful meditation, it is best to sit. You can cross your legs in the lotus position, stretch your legs out, or sit in a comfortable chair. Find what position you are most comfortable in and go with it. Again, there is no wrong way to meditate.

Quiet the mind

In the beginning, it might take a little more of your time to get your mind to quiet down and detach itself from everything you have going on in life. This can be especially difficult if you've had a particularly bad day. If you dwell on the events of the day, it can get the emotions stirred up. It is okay to take notice of that and then bring your focus back to meditative practice. In the beginning, you might feel a little awkward and that is also okay. Once again, take note of the feeling and move on. Remember, this is for your overall wellbeing and psyche. It's good for you!

Take several slow, deep breaths

Bring awareness to your breath. Take note of your inhales and exhales with each breath. Feel how the breath flows in and out of you, notice how it fills your lungs and releases through your mouth or nose. With each breath, make it longer than the last. Deep breathing helps your mind and body relax and prepares you to meditate mindfully. Noticing your breath is a practice in mindfulness all its own. You can observe your breath at any point in the day.

You are not your thoughts

While you meditate, it is important to remind yourself that you are in control of the way you feel and the things you are thinking. When you take notice of your thoughts or emotions, you can recognize them and then put them back in their place so that you can focus on your practice and not your thoughts or emotions. Don’t beat yourself up over those thoughts sneaking into your practice. It will happen from time to time. Acknowledge them and move on. Any time you are distracted from your practice, return to your breath as noted in step six.

Chapter 10: Benefits of Mindfulness Meditation

Makes you feel happy

A lot of people who usually meditate will all the time have a happy life, unlike those who don't. Meditation generally increases the flow of productive thoughts and positive feelings. When you take a few moments meditating most of the time, it can make some huge difference in your life. It has been proven scientifically that meditation brings happiness. A study was done to a group of Buddhist monks when they were meditating to prove this claim. The prefrontal cortex of the monk's mind was seen to be more active.

Meditation will assist you to control nervousness, despair, and strain

The enhancement potential of meditation should never be underestimated. A study that has been conducted at the University of Wisconsin showed that meditation would bring psychological effects to mind. For instance, the researchers found out that the mind controls stress and anxiety shrinks when meditation is practiced constantly. When you focus on the moment by moment knowledge, meditators are trying to teach the brain to be calm, even when going through stressful moments. Due to this, you will also experience knowingly reduced anxiety because of not being sure of what will come along in the future.

Meditation will make you sleep easily

Insomnia is a trying, difficult, and troubling disorder. Most of the humans always talk about having sleepless nights. You should note that almost a third of the American population has been suffering due to some form of sleep deficiency, and this can be irregular or long-lasting. You may be among those people who spend their time staring at the ceiling trying to count sheep the whole night, but to no avail, then with such experiences, the best solution is meditation. There is an article in the Harvard Health Blog that authorizes that meditation will trigger a relaxation reply. Due to this, most people will tend to have the opposite problem and will fall to sleep immediately; they start to meditate.

Meditation will give you a sharp memory

Having assisted you in being happy and improving your wellbeing, meditation will still assist your memory to be sharp, and your concentration will remain to be steady. When you have mindful meditation, you can train in the remaining conscious of the present moment in an easygoing method. Subsequently, interruptions are less and less likely to carry you away. This is a reason why you should try to meditate.

Mindfulness is Key to Your Physical Health

Studies reveal you can use mindfulness to improve your physical health. Mindfulness helps to release such problems as stress, high blood pressure, chronic pain, insomnia, among many other health problems you might be facing.

Mindfulness Improves Your Mental Health

Studies reveal mindfulness can be used to alleviate various mental health problems that people face. Recent years have seen psychotherapists turning to mindfulness meditation to several issues which include, anxiety disorders, depression, drug abuse, conflict among couples, and obsessive-compulsive disorders.

Improves Your Attention

Studies have established that when you practice mindfulness for even a short time, your ability to sustain attention is much improved. Your working memory, the functioning of the mind, and Visio's special processing are also much enhanced with mindfulness.

Helps You Sleep Better

Researchers determined that mindfulness much helps adults diagnosed with severe sleep disturbances to improve their sleep quality. It dramatically reduces the sleep-related impairment, which has negative implications on the quality of the life you live.

A Calming Effect

When you meditate, you try to clear your mind and avoid thinking about anything positive or negative. Studies show that meditation helps to decrease the electrical activity that takes place in the brain, thereby reducing your thoughts. Some studies have compared the electrical activity in the brain of meditators to that of those who don’t practice meditation. These studies concluded that people practicing meditation had more gray matter.

Stimulates Brain Activity

Meditation increases the volume of blood flowing into your brain. As mentioned earlier, meditation reduces the electrical activity in your brain. When you meditate, your brain rewires its circuits, which increases the gray matter in your brain. Since meditation helps to rewire the circuits in the brain, it slows the process of aging down for your brain.

Reduces Stress

Do you find yourself constantly overwhelmed by stress? Practicing mindfulness has been proven to be successful as a helpful tool. Take a step back and appreciate what is around you. Having stress levels that are too high for you can have disastrous consequences. Studies show that those who are more stressed have shorter lives, are unhappy, have worse health problems, and have people around them who are unhappy. Practicing mindfulness can make a huge difference in your stress levels and your life. That alone should be a reason to give it a shot.

Improves Health

Helping your health is always vitally important. Those who slow down and take an extra look around tend to be healthier and happier. Who wouldn’t want to add years to their life-time? Not just bad years, but years in which you can truly appreciate what is right in front of you and how you are swimming through life. Focusing on the present is a fantastic way to improve your future. You may not even realize this just yet. Do you have trouble losing weight? Are you constantly in pain? Do you have health issues that you just cannot get under control? Improving your health through mindfulness can make everything better. Don’t waste time worrying and making your health worse, take some time to enjoy your life as it passes by and you become healthier. Mindfulness has been proven to make your health better. Just think about it!

Increase Focus

Do you have trouble staying focus? You are trying to get something done and you keep switching over to the Facebook tab on your computer to see what your friends are up to? Do you find yourself looking at your phone more than you are looking at the people who are around you? It sounds like you may have some focus issues. Mindfulness is the act of intentionally focusing. Focus is a muscle that you have to consistently use and strengthen. The more you allow your mind to wander, the more it will wander. Utilize mindfulness to set a strong example for your subconscious. Using mindfulness can increase your focus and make difficult tasks seem a million times easier. That's not something you want to take for granted. Using your mindfulness capabilities can only improve your focus and make your life and daily tasks easier. Those around you will soon be impressed and happy with your improved focus. They will want to learn your secret. You can help improve the focus of everyone you spend time with as well: simply share mindfulness with them.

Reduces Anxiety

Worry, stress, anxiety: none of this is good for you or those around you. Anxiety can be crippling and far from fun and helpful. Anxiety can keep you from getting out of bed in the morning or taking on big tasks. Anxiety can severely hurt your social relationships. Anxiety is a monster that you do not want to feed. Practicing mindfulness has been known to improve anxiety. It teaches you to focus on what is in the present. Stop worrying about the way that someone talked to you or the way that work will go tomorrow. Focus on the present and put away the past. Anxiety makes this very difficult and mindfulness can help with this. Mindfulness has been known to improve anxiety issues. However, if you do not have anxiety issues, mindfulness may help you out through other parts of your life and solve other issues. Do not count mindfulness as an option out even if anxiety is not an issue that you need to worry about.

Who doesn't want to be happier? Happiness can be hard to accomplish if you are not focused on the present. Instead, you are focused on the past and worried about what could have happened. If you are focused on the future and what might happen, you cannot enjoy the present. Mindfulness can make you happier by encouraging you to live in the present moment. Appreciate the time that you have and the useful moments that you have. Happiness can be found by those who are mindful.

Better Social Relationships

Do you want to be the friend that truly enjoys themselves in every social situation and everyone loves being around? There is always a friend who notices when people get haircuts and when people are upset. These types of skills come with improved focus and concentration. Mindfulness can help you accomplish this. Having stronger social skills can improve many things about your life and business adventures. Mindfulness can help improve your social relationships. In turn, this can make those people in your family and friend circles happier and more impressed by you. Do not underestimate the power of a strong friend and a happy family. Do not underestimate the strong impact that mindfulness can have on your life.

Reduces Depression

Sadness and depression can run your life ragged. Many people have found mindfulness to be useful in the treatment and reduction of depression. When you practice mindfulness, you can take in those things that negatively affect you and adjust your environment. Stopping and slowing down can allow you to identify your triggers to both deep depression and happiness. It can help you identify what areas you are happiest in and keep you there. Mindfulness is not a one-stop-depression solution. It can take additional work and dedication.

Greater Appreciation

Not only will you be open to these new experiences and sights, but mindfulness lets you appreciate that. There is power in appreciation. Learning to appreciate the things you see in everyday life will give you the ability to be happy with where you are. Appreciating the people around you will give you the ability to improve your social relationships. Learn as much as you can from the moment you are in.

Weight Loss

Mindfulness can help you lose weight! Did you know that there is a way to improve your dieting and ambitious goals for your health? Mindfulness makes it easier! When you are mindful of what you eat you pay attention to every single bit that you take. When you pay this much attention and give this much focus to what is going on in the present, it makes it easier to make good decisions. Mindfulness and mindful eating can make a huge difference in your life and your weight loss.

Better Decisions

Mindfulness encourages you to make better and stronger decisions for your own life. It tells you to focus on what is important. When you make decisions, mindfulness teaches you to take the time to make the right one. In the same respect, it gives you the framework to teach yourself how to make these decisions without extreme fear. You can make these decisions without fear of what the past has done to you and without fear of what the future may hold. Instead, you make the right decision for yourself.

Promotes Emotional Health

Some types of meditation also help you have a positive approach and outlook on life, and can lead to improved self-image. Studies conducted on mindfulness meditation concluded that depression reduces when one practices meditation. A study conducted on 18 volunteers who practiced

meditation for 3 years were less depressed when compared to those who did not practice meditation. As mentioned earlier, stress leads to the release of chemicals called cytokines, and these chemicals lead to depression. Several studies concluded that meditation reduces the release of these chemicals, thereby reducing depression.

Improves Self-Awareness

Some types of meditation help people develop a stronger foundation. They understand themselves better and grow into being the best versions of themselves. For instance, self-inquiry meditation aims to help you develop an understanding of who you are and how you relate to your surroundings. Other types teach you to identify negative thoughts and learn to control those thoughts.

Helps to Control Pain

Your mind controls the way you perceive pain. If you are under stress, this pain will elevate. For instance, a study observed the brain activity of participants when they experienced painful stimuli. Some of the participants practiced mindfulness meditation for four days before the study. Patients who meditated before the study showed an increase in the activity in the parts of the brain that help to control pain. These patients also responded less to painful stimuli.

Improved Sleep

People with sleeping trouble can avail relief just by meditating regularly. Those who suffer from sleep apnea will also find relief and anybody who wishes to cure their insomnia can turn to meditation. It is also great for people who tend to get nightmares, as meditation helps calm both the conscious and the subconscious mind. And since most bad dreams and nightmares are caused by the subconscious mind, people can avail instant relief from their problems.

Chapter 11: How to Practice Mindfulness Meditation

Mindfulness meditation focuses on your breathing. It emphasizes the need for you to focus your physical sensation of breathing as an anchor to your present moment. All your thoughts, emotions, sounds will always come back to your next breath whenever it wanders off. Your mind will always come back whenever you breathe from wherever it had wandered off to.

You can also choose whatever time suits your schedule. Many people opt to practice in the morning or the evening. But there is no specified time; you can do your meditation even during your lunch break, so long as you are comfortable with the practice.

You should then find a suitable spot in your home or office. Such a place must be conducive enough with no distractions. It should also be well lit with enough aeration if the area has sufficient natural light, the better.

The following is an easy meditation guide you can use to practice mindfulness meditation at the comfort of your home:

Sit comfortably

You need to find a spot that gives you some comfortable sitting. You can choose to spread a mat on the ground and sit on it, but if you find the bare ground uncomfortable, then you can sit on a comfortable plastic chair or a bench.

It is also advisable to wear some comfortable clothing

So that you don’t become distracted by the discomfort of sitting for long hours.

Straighten your upper body

You should then straighten your upper body to assume a straight sitting posture. Let your spinal cord assume its natural position. You should, therefore, avoid stiffening it.

Soften your gaze

You should then drop your gin a little to let your gaze focus on the ground, in a downward but gentle fall. This doesn’t mean you close your eyes completely. All you need to do is to let your gaze fall on whatever appears om your view without focusing your eyes on it. Then try to get rid of all the thoughts of the past and future and put all focus on the present reflections.

Notice whenever the mind wanders off from breathing

You should expect your attention to leave your breath and wander off to other places. However, this shouldn't bother you; it is quite common for everyone to have their attention wander from their present thoughts. You shouldn't, therefore, try to block them from wandering off from your breath. You shouldn't also eliminate the thoughts once it focusses on other things. Instead, once you notice your mind wandering off from your breath, you should gently return it to your breath. You should also pay a lot of attention to how your breathing changes and the difference it brings to your body.

You should be kind to yourself when your mind wanders off

It is normal for your mind to wander off several times in the course of your practice. Instead of preventing them, learn to make a silent observation without reacting to them. All you should do id to sit and to pay a lot of attention. This may be a challenge for you, but again there is nothing you can do to prevent your mind from wandering off your breath. It will eventually come back to your breath once again, make an observation, and patiently wait without judgment or expectations. You should observe where your mind goes to without judging it, then gently return to your breathing.

Once you are ready, lift your gaze gently

when you are ready, you can then gently lift your gaze, and in case you had closed your eyes, open them. Let your gaze take in the surrounding. Allow your senses to take note of the surrounding for noises, sounds, smell, color, etc. take note of how your body feels at that moment. Sit for another minute or two as you make yourself to be aware of where you are before you gradually get up.

Chapter 12: 30-minute Affirmation Meditation

This guided affirmation meditation is an excellent meditation for you to use if you are looking to meditate on something that can improve your mental state and help you feel more positive toward your weight loss goals in general. In this meditation, I have combined a series of positive affirmations that will support you with your weight loss and wellness goals. If you have affirmations that feel more personal and meaningful for you, you can always make your affirmation meditation with your chosen affirmations. Doing so is a great opportunity to help fill your mind with positive, healthy thoughts and increase your ability to stay positive toward your goals.

This particular affirmation meditation is a short, 10-15-minute meditation. You can do it anytime you need a mental boost. Another great time to use a meditation like this is when you are sleeping, as your brain will be more receptive to what you are listening to while you are sleeping. You can listen to this meditation once through, or listen to the affirmations on repeat as you sleep to help you rewire your subconscious mind and infuse it with the power of these affirmations. What you choose to do and how you choose to use this guided affirmation meditation is entirely up to you and what you feel will be most useful in helping you improve your mental state. With that being said, do not use this particular meditation for affirmations when you are driving or doing something that requires your attention as it will help you step into a more relaxed state. If you want something that you can listen to on repeat during the day while you are engaging in other activities, you can create your audio that consists only of affirmations. Alternatively, YouTube has many great recordings made by people who, like you, want to infuse their minds with positive information that can help them lead lives that make them feel happier and healthier.

To begin this meditation, I want you to start by sitting or lying down in a comfortable place where you can breathe in and out freely. As you do, focus on your breath, and allow yourself to begin to become one with this present moment. Feel yourself sinking into the present with each breath as

you anchor yourself into the here and now. Breathe in, feeling yourself connecting with your body, and breathe out, feeling yourself connecting with this moment. Allow yourself to enjoy the space and freedom of this moment as you indulge in the betterment of yourself and your mind.

As you begin to feel yourself relaxing, I want you to focus even deeper now on your breath. Each time you feel your thoughts being drawn away to something else, gently, and lovingly bring them back to your breath. Feel your chest rising and falling as you breathe in and out. Notice how it feels to have each breath nourish your entire body, mind, and soul with the loving energy of oxygen. Allow yourself to be supported by this natural process as you continue to focus deeply and lovingly on your breath.

While you continue to focus on your breath, I want you to keep an open mind for what is to follow. Feel your mind opening as you breathe in, allowing space for new thoughts that will nurture and support you. Allow any negative or unwanted thoughts to naturally disappear with each exhale. Continue this pattern, now.

In your open mind, repeat after me, while continuing to follow your breathing pattern:

I am in control.

I have the power to decide.

I am in control of my desires.

Self-control comes easily to me.

I can tap into self-control whenever I need to.

I see things through to the end.

I love moving my body.

Today, I will have an excellent workout.

I have a strong body and mind.

My body is becoming healthier every single day.

I am transforming my body every day.

I am losing weight daily.

I am dedicated to taking care of my body.

I choose to eat only healthy foods.

I rest when my body needs rest.

I love leading a healthy lifestyle.

I am always doing the best I can.

I make healthy choices.

I love myself.

I praise myself freely.

I appreciate myself.

I love my body.

I am willing to change to become the best version of myself.

I am a beautiful person.

I treat my body with the respect it deserves.

I am uniquely beautiful.

My beauty is innate.

My entire self is beautiful.

My beauty shines for all to see.

I am naturally beautiful.

As you continue breathing, allow these words to percolate in your mind. Feel them becoming one with who you are, with your identity. Feel yourself affirming that you are, indeed, a strong, capable, beautiful, worthy, and fit human being that can effortlessly lose the weight that you desire to lose. Feel yourself lovingly accepting this new, healthier version of yourself. Allow yourself to become one with this new image of you. Believe the words and affirmations that you have repeated back to yourself and trust that they are true. Commit to believing them.

When you are ready, you can begin to bring your awareness back into the room around you. Allow yourself to open your eyes, return to a natural breathing rhythm, and prepare for the day ahead of you. As you do, feel yourself believing in every single affirmation you heard today, and trusting that it is completely, absolutely true.

Chapter 13: Recent Mindset Research

Why Do Many Traditional Techniques for Losing Weight doesn’t Work?

By simply typing the term “weight loss plans” into Google 171,000,000 outcomes were returned. You will find infinite weight loss plans on the market. From diet programs to fitness centers, herbs, nutritional supplements, programs, armbands (I am not certain how this works), to private coaches, the list will go on and on.

Why are a good deal of people struggling with their weight? Why do the majority of men and women use it for two weeks, and the app is left to be seen or heard of? What is the deal with beginning a weight loss regimen and leaving it? The reality is that a large part of these apps operates. But they just work for a small fraction of individuals. These programs are approaching the aspect of weight-loss. They aren’t considering the emotional and psychological facets of the procedure. These apps aren’t currently making sure the subconscious mind is aware. If you’re overweight that is subconsciously, and you’re currently trying to shed weight, it will be like trying to beat on the water. If you’re currently doing a lot of things to eliminate weight, along with your subconscious mind is not on-board, it will be tricky to accomplish success. When it comes to becoming obese, and long-lasting change comes from inside I am in altering the without from inside a believer. If your subconscious isn’t on-board with your choices, it is just as if you’re walking in reverse.

The Connection Between the Subconscious Mind And Weight Loss

Even If you're currently trying to Eliminate weight, to eliminate that fat MUST construct customs. Let me ask you that weight gain customs? It is either one or another. Are or are you currently eating you and Trans-fats often? Can you sleep, or are you a night owl? Can you exercise regularly or are you a "sitter"? Bear in mind; it is one or another. The subconscious directs 90 percent of everything you do. The subconscious mind is the home of our beliefs and customs. In case you've got a subconscious belief that you're the sort of person that shed fat, then you'll have the ability to pick up weight loss customs, and they'll STICK. It does not matter what you do if you're able to hack on your subconscious and allow it to feel that you're capable of shedding weight, Will probably be endorsed thing simpler to do.

Ways to Re-Program the Subconscious Mind to Eliminate Weight

The usage of affirmations is effective and a good method to get the subconscious. Even though it requires continuous repetition, if utilized properly, it may be an excellent method to convince the subconscious mind to equip you to drop those additional pounds.

Below are ten Affirmations which may be used to get rid of weight

I take the qualities of fulfillment, joy, and pride in my life.

I like eating foods that can place my body.

Exercising is something I enjoy doing.

I'm beautiful. And I'm a certain individual.

I accept myself.

Every single day, I am grateful for my functional body parts. I'm grateful for the great things in my life.

I love myself so much better. This enables me to have the ability to give and receive love.

I keep making healthy choices which can take me closer to my weight loss targets

Life is an experience, and it's a gorgeous day to be living

I'm the master of my own body. I'm effective at slimming down.

Letting Go of Your Past

Mindfulness means that you have to stop living in the past and start living in the present. By doing so, you get to appreciate your life.

For this, you could try understanding what happened in the past, also known as events, so you could understand how you should—or should've—reacted, and what you can make out of it so you'd have a better future. For this, you could do the following:

Understand what happened

Various events happen in one's life—it could be anything that makes you

feel something inside. It could be a comment of your coworker (Your hair looks different today, You have something in your lips, Your desk is untidy, etc.), the behavior of your partner (he seems off, his eyes seem crossed, etc.), the weather—anything. Now, what you have to do is think about how you usually react in situations like that. Just think or write about it—for now.

Understand how you reacted

The next thing you have to do is think about your responses to each situation. For example, when the skies turn dark, you often feel scared. When your partner seems off, you just want to argue with him. When your coworker couldn't keep his comments to himself, you tend to feel so bad about yourself.

You see, the thing is that your responses are valid. You react to certain things because they tap something inside you. Your responses are comprised of your thoughts, emotions, and behavior—which is exactly why people react to things in different ways.

For example, if you've had such a rough life, even the littlest things could make you feel so bad about yourself—and make you depressed. But remember, every second that you spend depressed is another second you would not be able to get back. When you let the world win, you're letting yourself lose—is that what you want?

Understand what you can make out of it, and what you can take from it

Now, it's time for you to change your response. When your coworker comments on your hair, thank her for it—and she just might feel like she was burned. You have the choice of whether to be affected by someone's comments or not, and you know what? You should turn it around. When you shape your responses, you shape the outcome of your life. Instead of getting bummed by those comments, you get to feel better about yourself—and work the best way you could!

How to Live in the Present

Living in the present is easier said than done. After all, everyone

has a past, and sometimes, that past could mess up with the present. But here's the thing: by allowing the past to mess up with the present, you kind

of get to ruin the future a bit because you keep living in the past. You don't give yourself a chance to be redeemed and forgiven for your past transgressions—even by yourself.

When you don't forgive yourself for your past mistakes, you tend to become someone who feels like the whole world is conspiring against you. There are days when you feel like you've already done your best and yet, nothing good ever happens. Days like these are the worst because you might feel as if you'll never achieve success again.

Well, guess what? You can move past this awful moment in your life and become the kind of person that you have always wanted to become—or maybe even someone better than that.

What needs to be done? Read these tips and find out.

What you have to keep in mind is that you have to assess the situation. You have to ask yourself questions such as:

What could be done to make it better?

What makes you feel bad about the situation?

What went wrong?

By seeing the gravity of the situation and seeing where things went wrong, it would be easy for you to know and understand what you can do to make things right. As they say, you have to face your problems head-on instead of ignoring them and trying to escape from them because the more you try to escape, the worse things get.

Then, if you already know what went wrong, you can start planning what you can do to rise from the fall. Others write about their plans, make lists, or even make use of cork boards where they can pin write-ups and photos of their plans. In Psychology, it is said that if you can visualize something, it has more premise of coming true. This is because if the mind can see something, it becomes more inclined to achieve it.

For example, you lost some of your savings and then you write about this trip you're supposed to go to. You also write about your plans for making money and saving up again. When you realize that you have all these plans, you'll be more enthusiastic about working or doing whatever you can to save up. Somehow, it makes things easier instead of just wallowing in your situation and doing nothing about it. This way, you can make things right and you are also able to help yourself become a better and

stronger person, too.

Changing Your Mindset

The thoughts you have regarding stress play a significant role in how it affects your life. If you want to live a happier life, you must control these thoughts. This is where a change in your mindset becomes essential.

The mindset you need when approaching your stress is one in which you see it as beneficial. If you see your stress as a beneficial part of your life, you will be forced to have positive thoughts toward it. This changes when you see it as harmful.

In this case, anytime you think of stress, you have negative thoughts. These negative thoughts also promote negativity in your life. This is what the mindset change helps you overcome.

The positive mindset gives you more motivation to face your stressors directly. You view it as an opportunity to improve yourself, improve on your existing skills, and also develop new skills. It unlocks new potential in you.

The reason why I give you the option of a mindset change is that there are specific stressors that you can't escape. The only thing you can do is to change the way you handle them. Your mindset change will give you the drive to cope successfully and adapt to the experience.

Following this change, you start to see your stress as a meaningful challenge on your journey in life. In overcoming this challenge, you get a confidence boost and a sense of pride in your accomplishment. This can be great for your mental health.

When you are faced with stress-inducing situations that promote anxiety, thinking positively will help in enhancing your performance and mood in such circumstances. Instead of stress being a barrier in your daily life, it becomes a stepping stone toward greater achievements for the day.

This is the opposite of the harmful view you often have stress. Here, fear begins to cloud your judgment, and you find it difficult to make any reasonable progress. You will start to misinterpret the anxiety that accompanies your stressor as a sign that you will fail.

What this does is to put you in an endless loop, a loop in which you

develop more stress any time you face your stressors. This loop is what leads to chronic stress in your life.

The only way to overcome this is through a new attitude toward stress. How do you respond to it? How do you view it?

Depending on your answers to these questions, you may opt for unhealthy coping habits. These include resorting to smoking, drinking, or procrastinating. These will harm your health, both physically and mentally, in the future.

Chapter 14: Building Self-Awareness and Inner Strength

Mindful Awareness

The mindful awareness exercise enhances your appreciation and awareness of daily tasks and the results that you achieve. Think of an action that you perform regularly, like opening a door or a window. This is an action that you take for granted. When you touch the doorknob or the lock on the window, pay attention to how you feel and be mindful of your surroundings. Understand your feelings and emotions and see where the door or window leads you.

You can perform the same exercise when you switch your computer on at work. You should take a moment to appreciate your brain because it understands how the system works. You should also appreciate your hands since they know which button they need to press.

These cues do not have to always be physical. For example, when you think of a negative thought, you can choose to stop that thought. You can label it as an unhealthy thought and release the negativity. Alternatively, when you smell food, you should take a moment to appreciate your good fortune because you have food to eat.

You should always choose a touchpoint that resonates with you now, and stop doing your chores in autopilot mode. You should take a few moments to develop an awareness of where you are and what you are doing.

For starters let’s focus on self-awareness

Take a minute and honestly ask yourself how aware you are of how your body reacts to specific situations. How do you react to light? How do you react to fear? How do you react to happy events? Take a minute and identify each of these physical manifestations of your mind and evaluate them – why do you react in this way? Have you always acted in this

specific manner? What has changed, if anything?

You may notice that as you go through these questions in your mind, other questions and thoughts will enter your mind that you didn't anticipate. This is very typical and natural. Often even if you think that a specific thought or specific trigger will cause your mind to think or work in a specific manner in reality it doesn't necessarily process the information in any specific way. This is why reverse psychology works on certain individuals and backfires on others – not all people react to the same form of stimulus in the same manner. Meditation allows you to practice introspection and truly identify how your mind reacts to specific triggers. It's almost as if your mind is doing a mental inventory of how you think, how you process, and most importantly how you react.

Try to think of meditation as a form of mental yoga – here the objective is to forge a stronger link between the mind and body. This is to ensure that your mind is more aware of how your body is responding specifically to cues. Meditation helps us understand our sense of awareness. Helping ground us in the present moment allows us to act and think in a way that keeps us in the present.

Mindfulness and Inner Awareness

One of the biggest benefits of living life mindfully is that your inner awareness awakens. Well, there is another way of putting this sentence because the reverse is also true. When you begin to awaken your inner awareness, you are very likely to lead a life filled with mindfulness. Therefore, mindfulness and inner awareness are inextricably intertwined with each other. So, what is inner awareness?

Many of us are uncertain of who we truly are. Yes, we do have a job, a family, we have relationships, we are part of a certain community, etc. Yet, deep down there is a lot of confusion and we don't know our true selves. We are unsure of what our purpose is. When you come across this kind of satiation where inner powerlessness is gnawing at you, you are invariably affected by some or all of the following symptoms:

You become obsessed with goals and you want to accomplish things constantly

You become attached to certain things or a certain group of people

You are constantly under the strain of an internal struggle that never seems to end

You want to try out everything so that you feel you are in control of your life

You are obsessed with earning money or being around a particular cadre of people to feel worthy of yourself. You feel you are nothing if this doesn't happen

All these symptoms reflect a missing link deep inside you. You are unsure of what that missing link is, but you know that gaping hole in yourself is simply not filling up. You feel unsettled at times even as you struggle to fill up that hole with materialistic things, which only seem to make the gap even bigger than before. This kind of life brings with it nothing but stress, anxiety, and unhappiness.

As your inner awareness remains hidden somewhere in the depths of your mind, you feel like you are running around in circles with nowhere to go. There is a sense of being purposeless and directionless because despite achieving outward success in all your endeavors, there is still something nagging you. You mindlessly lead your life.

So, how do you awaken your inner awareness so that you can become more mindful or how can you become more mindful so that you can awaken your inner awareness? If you get one right, the other will fall into place. Let us look at some ways to help you in this direction.

Question Your Emotions

When you feel any negative emotions such as anger, resentment, boredom, depression, etc., question your emotions. For example, ask yourself some questions like:

- Why am I feeling anger?
- Why do I feel depressed?
- Why do I feel so much of hurt?

It is important to remember at this point that other people do not make you angry. People and their actions are only triggers for your emotions. The

way you respond and react to the triggered emotion is up to you and not up to the circumstance and people outside of you. Those emerging emotions are trying to tell you something. Instead of reacting to them, listen to their story and you will find yourself being awakened. Let us try and find probable answers to one of the above example questions that you asked yourself.

Why Am I Feeling Anger?

Why does one get angry? Constantly feeling angry can be very frustrating both for yourself and for the people you work and live with. One of the best places to try and find a solution for your anger is to find the reason behind the rather debilitating emotion. So, when you feel angry, step back from your emotion, and ask yourself. “Why am I so upset and angry?”

If the answer that comes out is something like, “I am angry because my spouse didn’t do what I asked,’ then it is a shallow answer because if it is something so small, then the anger will not be so repetitive and debilitating. It will disappear after some time. You simply are not digging deeper into your mind for truth and, perhaps, unpleasant answers to this question.

Moreover, even if your spouse didn’t do what you asked, the anger is your responsibility and not his or hers. How to handle that? Your reaction to the trigger of anger is what you need to look at. Anything that happens remains as it happens until you give it a label as being ‘good,’ ‘bad,’ or ‘neutral.’ This choice invariably is decided by the emotion you feel at that moment in time. So, you must ask yourself, “Why am I choosing anger as a response to a situation?”

The reason for choosing could be different for different people and different situations. That is the answer you need to find. The answers you get will facilitate the awakening of your inner awareness. Anger is a mask that covers up the true emotions whether it be jealousy, lack of confidence, helplessness, or anything else. Find that root cause and find solutions for that cause and you will be able to handle your anger without nastily reacting to it.

Use this same method to find true answers for other questions that you asked yourself concerning your emotions.

Question Your Thoughts

Look at your thoughts objectively and like a witness without being judgmental about them. Look at how your thoughts are making you react in a particular way. Ask yourself questions that are bound to give you illuminating answers:

Are your thoughts and the actions of those driving thoughts a result of a restrictive habit or a limited belief?

Are you trying to manipulate something or someone to behave in a particular way based on how you are reacting to the thoughts that are coming up concerning that situation or person?

What is your true intention behind all those confusing thoughts and the actions they drive? Why are you doing something in a specific way?

Are there ways of doing things differently from the current way of doing things? For example, is it imperative to do a job you hate because of having to meet your monthly expenses? Are there other options you can try out there?

How much of your past thoughts are ruling over your present?

What are the limiting beliefs and valueless preconditions that can easily be let go? How different will your life be if you do this?

When you question your thoughts instead of responding or reacting to them, you become a mere witness with no attachment to them. You will notice these thoughts will rise, reach a peak, and sometimes simply vanish into thin air. Don’t let these temperate elements take over your life.

Let Go of Restrictive Elements

Stop struggling with yourself and let go of things that are holding you back. The ultimate action would be to let go of everything in your life. You will notice that only the true purpose will remain. Letting go works like the distillation of water; taking away all impurities so that you are left with the only pure and nourishing elixir of life.

Be Inspired and Monitor your Actions

Always find ways to inspire and motivate yourself. There are plenty of resources out there. Find inspiring books to read. Meet and talk to people who have done well for themselves (not necessarily in terms of materialistic success). Join a support group. Believe me, there are many people wanting help, and helping others find their meaning in life will help you find your own.

Keep track of your actions. Monitor them so that you are acutely aware of how you are responding or reacting to situations and people. Watch yourself do things. Are you too caught up watching TV or on social media or socializing more than needed? Listen to your inner voice.

How to Develop Inner Awareness

You know your name, you know where you work and live, all these are attributes that define who we are. However, we can't quite ignore the lingering question, who are we? Most people aren't truly aware of who they are, what their principal purpose in life is, or even at times, what they are feeling. We simply have lost our sense of awareness and what follows is a sense of helplessness, confusion, and feelings of not being in complete control of your life.

Moreover, we may also develop a sense of perfectionism, attachments to specific things or certain people, become desperate in trying to get back in the saddle, never be contented and generally, lack complete happiness with put state of life. We start to become grumpy, snapping all the time at anyone or anything that tends to irk us the least.

We experience these moments merely because we are missing something in our lives, and we haven't the slightest clue as to what it is, hence the incessant need to fill the gaping void in our lives. What follows are periods of tension, anxiousness, or stress followed by depression. If our lack of awareness persists, we soon lose interest in life as it is, experiencing a never-ending cycle of redundancy. Anything we achieve, however momentous, fails to elicit feelings of accomplishment and inner satiety we desperately crave.

Furthermore, our social life, in general, becomes tainted. We may find ourselves locked in unsatisfying relationships simply because we have a disability in our social life. We cannot connect with others; we cannot grasp the entirety of our universe and are left living in a single dimension where all things are stacked against us. It soon becomes confusing keeping up with societal demands and trying to comprehend what path you took that led you to this moment. Despite knowing there is more to life than meets the eye, you can't quite unmask the veil of obscurity that plagues your being.

By developing inner awareness, we become more in tune with our lives. The sudden realization that we have been living a rickety life enables us to view, with clarity, our lives from another point of view, a better perspective to be precise. All of a sudden, we are more tuned to ourselves and others as well, we become more understanding, the lies and dishonesty that dotted our everyday tasks seemingly become 'worthless,' and we start embracing reality and living attentively every minute of our graceful lives. The heavy and saddening thoughts and feelings of helplessness no longer trouble our minds subjecting us to total discord. Our pasts no longer hold us prisoner in their deep dark dungeons.

With inner awareness realization, the void felt in our lives before disappears, or rather, it gets filled as we garner complete control of our lives and steer it in the direction we desire. Our constant search for "answers" also ends, we become conscious, and our social lives become smoother. The real you come out like a butterfly from its cocoon and spreads its colorful wings. People around you also notice this tremendous change around you and the calming aura expressed by you. You develop a new hobby, to spread the joy of love and also gain a sense of occult power.

Determine the Reactions and Actions of Your Thoughts

Your thoughts are powerful extensions of your mind, and they have the potential to determine the course of your life altogether. As a witness and an observer to your thoughts, you can develop inner awareness by first analyzing how your thoughts influence you.

Do your thoughts result in beliefs and habits? Are they limiting or profound?

Do your thoughts manipulate others for your gains?

Are thoughts from your past creeping in, poorly shaping your present life course?

What difference would it make in your life if you ignore certain thoughts?

These are just some of the questions that try to examine your thoughts and the impact they have on your life. Questioning your thoughts is a great way to develop inner awareness.

Learn to Let Go

Life is all about different things and new experiences. This feature has a hidden lesson in it, teaching us to let go. One thing we must also understand is that we cannot be in control of everything and every detail in our lives, therefore, it's pointless to struggle. Too often we forget to be and just living by the moment by trying so hard to have things go our way. Relax and quit struggling, trying to manipulate things to our favor only ends in disarray. Accept how things have played out and just surf the wave that your life has summed up. However, this doesn't imply that you become carefree and avoid responsibility, it is prudent to remember that your choices influence your actions, which further influence your emotions and feelings. Letting go is merely a guide to the direction your life takes, the path of least resistance as I like to put it.

Letting go also means releasing all your base beliefs about people or things, built on your perception. These "should" and "shouldn't" beliefs. I.e., I am doing this, so you should do this, kind of thing must be avoided like the plague.

Consciously Choose Awareness

Now that you know what mindfulness is and how it can improve your life, it's time to find out how to implement this powerful technique. You won't be able to achieve mindfulness without putting some effort and discipline into it. Mindfulness doesn't come automatically, in other words. It is a

conscious choice that only you can make.

Decide If Mindfulness Is Right for You in This Moment

You just read many reasons to choose mindfulness. The question you need to ask yourself is if you're ready to begin your mindfulness practice. Although there's no time like the present to start, you might feel hesitant to plunge in right now. If so, that's okay.

Remember that you need to exercise discernment in making decisions. You don't need to judge yourself harshly about the decisions you want to make. If you're not ready to commit you need to make to be successful at it, just read more about it and learn all you can. When the time is right, you'll choose mindfulness without hesitation.

Make a Commitment to Be Mindful

After you decide to be mindful, you need to make a concrete commitment to practice it every day. What form that commitment takes is entirely up to you. You could tell friends and family members about your choice. You might write down your commitment in a journal. Whatever it takes to make a real and lasting commitment to your mindfulness practice, take that step now.

Set Aside Specific Times to Be Mindful

Time is precious, but it's also plentiful. You have 24 hours in a day to schedule the way you choose. Set some specific times to practice mindful awareness in the coming days and weeks. You can write these times down on a desk calendar. Or, you can set up notifications for these times on your smartphone.

Many people find that the most convenient and surest way to remember your mindfulness schedule is to set up notifications on software like Outlook or Google Calendar. This is especially helpful if you spend a lot

of time on your computer. Then, when the notifications come up, don’t tell yourself you’ll do it later. Do it right now, in that moment.

Choose Activities to Engage in Mindfully

Going by a clock or scheduling software or apps is a good way to make sure you fit mindfulness into your schedule. Another way is to choose activities you do every day and practice mindfulness as you do them. You can be mindful as you eat or take a daily walk in the park. You can also do a mindfulness meditation when you are riding a bus or sitting alone in a restaurant. Think about the things you do each day when you can go deeper into awareness. Try to choose ordinary activities that you do on any given day.

And, remember that mindfulness involves a unique type of focus and concentration, so at least when you’re first learning mindfulness, don’t pick times that require you to concentrate on something urgent. Choose a time that you’re doing something that doesn’t require great attention. As you grow in your mindfulness, you can do anything mindfully.

Plan to Attend Mindfulness Classes, Workshops, and Retreats

You might find that a money commitment to mindfulness is more effective than anything you could write in a journal or say to someone else about your new practice. If so, sign up for a mindfulness class, workshop, or retreat. You’ll not only anchor your commitment in practical realities, but you’ll also get to spend time learning from experts in mindfulness.

Mind what You Put into Your Body

Living mindfully means bringing yourself to a full sense of awareness about you and your body. And if you've been living the same busy lifestyle as so many others, chances are you haven't given much thought to the types of fuel you've been living on.

This isn't sermon on how you should be living like a vegan or cutting out red meat or restricting your carbohydrate access. But the food you eat should be nourishing. Read the packaging carefully to see what vitamins and minerals each is providing you, care less about calories and more about chemicals and avoid as many as you can and put together a meal that can meet the energy demands of your lifestyle. There are several websites and smartphone apps that can help you determine what each food is providing you with. Use these to your advantage to create a diet that will nourish you, not just fill you up.

Of course, some junk foods, treats, desserts, and even drinks may still find themselves lingering around your kitchen. And that's okay in moderation. This isn't about condemning particular food groups, or about judging you for not being the healthiest person on the block. Rather, this is to make you aware of the food you eat and aware of the way the food fuels your body.

Take Your Day One Step at a Time

Multitasking is a wonderful and often desirable skill to have. However, without proper discipline, multitasking can quickly take over your life. When was the last time you sat down to eat and just ate? When was the last time you did anything without also either thinking about the past or planning out a bit of the future? Ever take a shower in the morning and not try to also map out your day? Ever take a bath at night and not think about everything you tried to do that day? To live mindfully means that while you are brewing yourself a cup of coffee, for that moment, that is all you are doing. No running to grab the paper real quick, no stepping over the cat to shove some bread into the toaster, and no sorting out the day's to-do list in your head as you stir in the creamer.

Move Slowly and Deliberately

Rushing through the task at hand is a sign of multitasking: you're trying to hurry so you can get to doing something else. For example, maybe you're speeding on the drive home so you can hurry up and get supper started. Stick with one thing at a time and give it your full attention. Make sure every second you spend on that activity is planned and deliberate. Doing this will help you to keep from rushing and possibly making mistakes.

During that drive home, try to monitor your breathing. Stuck at a red light? Rather than tapping your fingers anxiously awaiting the green signal to carry about your trip, try taking in a deep breath and thinking about how comfortable your seat is. Take a look around you and try wishing each person also stopped at the light a nice day. Concentrate on how the steering wheel feels gripped between your fingers. How the gum you're chewing feels as you gnash your teeth.

Take in each moment of the drive. Make each moment purposeful and meaningful, and you will find the drive to be more enjoyable.

Chapter 15: Exercise: Relaxation to Promote Physical Healing

Stress is a hormone that exists within us, which can hinder our ability to lose weight. If you want to ensure that you are doing your best to have well-rounded health, then managing your stress is crucial.

Music can be very relaxing on its own. When you pair it with meditation through mindful listening, it will be much easier to stay focused on what you need to do to live a healthy life while being mindful of the most important things for your overall goals.

If you want a clear mind, you will have to cut out distractions. Of course, this includes little things, but there are bigger distractions and stressors present in our lives, which may hold us back from achieving our dreams. This mediation will help you understand how the music exists within your body and how it can help you remain calm and relaxed.

Relaxation Meditation

This meditation is all about focusing on becoming relaxed and cleansed. One of the best ways to achieve this kind of feeling is through the use of music.

Make sure that you are somewhere comfortable. You need to be in a peaceful and distraction-free zone in which you can close your eyes and focus on nothing but feeling the air come in and leave your body.

One of the reasons why we struggle to lose weight is that we are so stressed. Stress can lead to stress-eating and cause your body to hold onto weight that it does not need. Worse, it can alter your hormonal levels.

You are focused now on reducing stress because this means that it will be easier for you to lose weight. There is nothing else that you are concerned about other than becoming more relaxed.

You are centered; you are focused. You are in this moment; you are prepared for whatever might come your way. You are not concerned with anything other than relaxing and becoming more peaceful.

Feel it as the music beats to a rhythm. There is a slight beat, no matter what it is that is being played. Everyone who listens to this will find a different meaning to the tunes. Everyone who partakes in the process of listening to cleansing music does so for different reasons.

It will always help everyone to relax. Though we all have different things that we use this music for, it still helps us to become more and more at peace. Calmer and calmer. More and more relaxed.

Start to focus on your breathing now. Breathe along with the music. Count for at least five while you are breathing in and then five as you are breathing out.

Breathe in for one, two, three, four, and five. Breathe out for six, seven, eight, nine, and 10. Feel as you breathe in how the music enters your body. Your body is like a musical song as well. Your heart is like the drumbeat that is always pounding.

Your brain is like the conductor that tells everything how it should sound. Your blood, your muscles, and your organs – they make up the rest of the

instruments. Your body is a beautiful chorus, and you are a melody traveling through life.

You are a perfect being, relaxed, calm, and at peace. You are one with the earth. You are one with the music. You start to feel it come in and out of your body.

This music can change the way you feel. This music is in control of your emotions. It will affect the way you operate.

It is helping you to feel better and more relaxed. It is bringing you closer and closer to being at peace. It is bringing you closer and closer to being centered and focused.

You are feeling lighter and lighter, and the stress is drifting away. As soon as you start to let go of stress, you will start to release yourself from the heavy weights that are keeping you back. The more focused you are on your breathing pattern, the easier it is for you to feel relaxed. The quicker you focus on peace, the more weight you will lose.

Each time you let go of stress, you are letting go of some of your weight. Every time you focus on being more at peace, you are feeling healthier and healthier.

You feel it as the music spreads to every part of your body. It starts in your mind. It stimulates your brain so that you are focused on relaxing and nothing else at that moment.

It soothes your heart. It reminds you that you are not alone. It makes you feel better, and that spreads everywhere else.

The music keeps you motivated. It keeps you cleansed.

Cleansing is an important part of your weight-loss journey. Your body is always working to clean itself. Your body is focused on how it can rid itself of toxins and bring in the things that are good for it. Your breathing is one way that your body is consistently working to cleanse itself.

Your body is always cycling in new air and getting rid of the old. It does the same thing with food as well. It brings in new minerals and nutrients and gets rid of the toxins that it does not need. You drink water to help cleanse your body. It is always working on its own to keep you as cleansed as possible.

The cleansing processes help you to feel more at peace. You feel like a new person. You are constantly given second chances. It is never too late

to start over.

You are feeling your body become more and more cleansed now. You are feeling lighter and lighter, more relaxed. You are becoming a new person. You are starting over. You are starting fresh. You are relaxed. You are focused. You are at peace.

As we count down from 20, you will exit this mediation. Continue listening to cleansing music to bring in the peace that you need to lose weight and maintain it. It will be easier to lose more weight when you manage to focus on cleansing.

Twenty, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, nine, eight, seven, six, five, four, three, two, one.

Chapter 16: Learning to Drop Thoughts Effortlessly

Identify and Break Negative Thought Patterns

There has been much study on cognitive distortions, the inaccurate and harmful thinking patterns that lead to negativity and unhappiness. While we categorize sixteen types of distorted thinking, as written about by one of the leaders in cognitive behavioral therapy, some people have estimated that there can be up to fifty types of cognitive distortions. Yet, it can be quite difficult to make a complete list of these distortions, as many of them overlap with each other. For instance, both catastrophic and jumping to conclusions involve a person magnifying a problem unnecessarily.

With all of these cognitive distortions arising from negative emotions and thoughts, what can be done to help sort through it and take a step back? There's no one simple way out of this negativity; after all, it is easy to fall into self-sabotaging thought patterns. But if you use cognitive behavioral therapy tools and approaches consistently regularly then you will find that before long your thought patterns change and it becomes easier. It isn't easy to challenge your thought processes and habits. Yet, if you practice doing this time and again then you will achieve the success you desire. You will find yourself with a new healthier thought process that isn't based in negativity, fear, and anxieties.

This progress can be achieved as cognitive behavioral therapy is based on providing people with a way to gain internal distance from their negative thoughts and emotions so that they can better analyze them, understand which thoughts are distorted, and then challenge these distortions. With CBT you can learn to replace a negative, emotion-fueled, and impulsive thought with one that is more rational, balanced, and true. After developing a habit of testing which thoughts are true and which are false you will more easily understand the validity of your thoughts without much conscious effort.

Imagine again our anxious person who is starting a new job. If they can learn tools to take a step back from their negative thought patterns and anxieties, then they may be able to challenge their irrational beliefs. By confronting their anxiety and negative thoughts with clear, balanced, and truthful statements and questions that have supporting evidence they can

overturn the negativity and see that there is nothing but lies behind the fear. Once the negativity is revealed to have no basis, then it has no hold on the person and they can feel confident in the truth that they have discovered.

Are they really incompetent? Why would people think that they are incompetent? Even if they make a mistake, would everyone really laugh at them? Are these expectations accurate? No, they aren't. Upon realizing this, the person may think:

As the person begins to unravel the lies and see the truth they will be able to continue making more true statements that support that they have nothing to be afraid of. These statements prove that the negative thoughts and anxieties have no base in reality, and therefore there is no reason to be afraid.

Along with challenging the likelihood of being incompetent and laughed at, the person may also choose to test the validity of their fears. They might accept that even if they aren't laughed at out loud, that they may still feel embarrassed and self-conscious while at work. In this case, they can challenge the embarrassment expectations. How can they do this? By telling themselves that it doesn't matter.

Of course, simply saying "it doesn't matter," won't help anyone feel better. This is why they must follow it up with an accurate and true assessment of if the job will lead to them feeling constant self-conscious and embarrassed. They might remind themselves that their jobs have made them feel self-conscious at times in the past, but it wasn't all bad. These feelings didn't prevent them from making friends with coworkers and competently handling their job. The person might remind themselves they've been embarrassed at work before, but it didn't stop them from going to their job daily, and it didn't lead to them feeling embarrassed daily. They were still able to find ways to enjoy parts of their job and do what was expected of them.

With rational and balanced statements such as these, the person may be able to challenge the idea that any embarrassment will be nearly as bad as they perceive. They can realize that even if they do become embarrassed, it won't lead to any long-lasting consequences. By reminding themselves that it doesn't matter if something embarrassing happens, they can realize that while sometimes difficult situations do occur, the resulting outcome is

rarely as catastrophic as we imagine.

We all struggle with cognitive distortions, sometimes daily. Just as the human brain can think with clear fact-based logic, it can also think in an emotionally driven cycle with little to no evidence to back up its fears. But, by finding the strength to challenge your negative thoughts, you can overturn harmful thought patterns and replace them with healthy thinking.

By learning to adopt healthier thinking patterns you can learn to which thoughts of yours are helpful and which are unhelpful. This, in turn, can help you know how they affect your feelings and how you respond to problems that might be troubling you. With regular practice, you can learn to adopt helpful and true thoughts in place of negative and anxiety-inducing thoughts which only serve to discourage you. As you are better able to stop negative thoughts, you will find that you are better at caring for yourself, helping others, and taking life's challenges as they come at you. Better yet, you will find that your mental health improves, helping you to reduce anxiety, manage depression, cope with stress, improve sleep, and better manage your body weight.

Healthy thinking and taking a step back to examine your negative emotions require you first to calm your mind and body. Cognitive-behavioral therapy greatly focuses on techniques that can aid in this, such as yoga, meditation, mindfulness, journaling, muscle relaxation, and more. To fully practice CBT, you should use these methods and techniques daily, as this is how you will get to a place where healthy thinking becomes a natural thought process. Instead of focusing on the negative, you will find it natural to consider positive and neutral alternatives. With regular practice, negative thoughts and anxieties will no longer control your life or your mind.

Eliminate the Negative Thinking

One of the most important things which any overthinker can do is accept that they are just that, overthinkers. When the overthinker sees the world for what it is, they begin a transition from focusing on the negatives of life to focusing on the brighter side of life.

The following is a list of actions that an overthinker can take to facilitate the transition from a pessimist outlook to a more positive one.

Be Peaceful and Smile

Smiling is one of the easiest and most effective ways to get you in a positive state of mind. Of course, you shouldn’t do it unless it feels natural to do so. Nevertheless, smiling can help you trigger positive emotions inside you. This can then lead to a more optimistic outward projection. The result may very well be that others catch your vibe making it far easier for you to get along with the circumstances around you.

Try not to Take it Personally

Learning not to take things personally is a great way to ensure emotional health. The fact of the matter is that the overthinker tends to take everything personally. What this means is that the overthinker will be concerned with trying to catch all the angles because everyone is out to get them. So, if your colleague doesn’t respond, it’s not because they hate you; it could be that they are simply upset over something else that happened to them. End of story.

Remain Patient to Create Space

Patience is a virtue. Overthinkers tend to be very short of it. This is especially true if there are situations beyond your control. Often, this tends to be the bane of the overthinker. For example, they have sent a job application and are sitting by the phone waiting for a reply.

Yet that reply may take a while…

Hence, impatience takes hold of the individual leading them to concoct all kinds of scenarios. These fabrications may very well drive the individual mad until the situation is finally resolved. That is why one of the most important qualities which an overthinker can work on is patience. As patience is fostered, the overthinker will be able to begin getting a firm grip on their thoughts and emotions.

Managing Your Negativity

Learning to handle negative energy is an essential skill for all folks. So, here are some effective ways that can help you balance out your negative energies.

Use humor

While we don’t mean taking things lightly, it is essential to try to find the humor in life whenever appropriate. Humor can often diffuse some of the tensest situations you can find yourself in.

Keep in mind, you are not your emotions

You are not governed by your emotions; you have full control over them. As such, don’t be afraid to take the bull by the horns. You are totally in control of what you feel. Don’t run away from your feelings; embrace them and try to learn from them.

Acknowledge that these emotions are temporary

Feelings come and go. Even if something is incredibly painful, the adage, “time heals all wounds” is perfectly apropos. So, give yourself time to heal and let go of the negativity in your life.

Continue with Openness and Intention

Openness is more about permitting yourself to feel what you feel. Don’t run away from your feeling. That is only pushing the can down the road. When you feel ready, confront your feelings, and learn from them. This will lead you to gain vital insights into yourself.

Embrace Positive Thinking

What makes somebody think emphatically? Maybe a couple of us are that upbeat vagabond, whistling, and kicking through harvest time leaves cool as a cucumber because our lives are regularly punctuated with extraordinary trouble and despondency. Be that as it may, how would we get back up again in the wake of having the breeze thumped out of us? Positive reasoning is something that takes work. The best individuals are the ones that can likewise recognize the truth about life; a beautiful brilliant gift, not without affliction.

The indiscriminately hopeful individual doesn't see this and when they experience an issue, which they unavoidably will, it floors them. They didn't see it coming, how right? For they are indiscriminately idealistic!

You need a touch of cynicism to enable you to explore the world. Else, we wouldn't see the threat that is surrounding us, and we wouldn't have the option to investigate a scene in any incredible profundity if we constantly held a kind of Disney perspective on the world. What's more, we as a whole realize that is not how the world is. Yet, when things are going admirably, we should figure out how to outfit that and appreciate those minutes, since like the terrible minutes the great ones are brief as well. So, building up the capacity to see them when they are available is significant for your prosperity and emotional wellbeing.

You absolutely would prefer not to be the interminable doubter, that individual can never observe any great in anything and they are continually trusting that something wrecking will occur so it can reaffirm their perspective that life is 'a story told by a bonehead, brimming with sound and wrath, signifying nothing'.

Also, they are not extremely charming to be near, indeed, an innately contrary individual is debilitating to be with. Furthermore, it must debilitate to be in their headspace. Never open to the likelihood that decency and bliss are surrounding us. Be that as it may, you must be available to see it; your eyes can't perceive what the psyche doesn't accept.

Opening yourself up to positive considerations expands the odds of

positive alluring results happening in your life and consequently changes how you see the world.

Can anyone explain why a constructive individual pull in other folks? For what reason would we like to be in their organization? What is it they have that is irresistible? What’s more, how can it be that every single fruitful individual has a positive perspective on the world and have a principal faith in themselves? What’s more, by what means can we as a whole build up an uplifting mentality?

Think about the accompanying tips

How would you like to think? What is impeding those musings discovering unmistakable quality in your life? It is regularly as basic as saying; ‘I will be certain today. I will be available to the plausibility of something extraordinary occurring for me.’ Negative musings can nearly end up like a companion to us, we can be hesitant to release them since they are so recognizable. Regularly we get trapped in a negative example of musings. It tends to be difficult to see an exit from deduction skeptically.

In any case, when we take a gander at how we think and why we figure a specific way we can begin to improve our point of view with the goal that it permits us the capacity to see the miracle of our lives and how to grasp the great occasions.

Think about how you think. Tune in to your considerations, ask yourself a significant inquiry, is how I’m thinking valuable or liable to realize a positive result or not.

Remember contemplations originate from you; you are responsible for them. It can regularly feel like we are a detainee to the huge number of arbitrary contemplations coursing through our brains. Be that as it may, we choose which ones are significant and important for us. Become better at altering your contemplations; focus on the ones that will improve your life, not those that keep you down.

Benefits of Positive Thinking

Why have an uplifting standpoint in life, since you can? Since there's a great deal in it for you. That is the reason. Keep in mind, positive reasoning is believing that is naturally advantageous. This is the thing that makes it 'positive' in any case.

Be that as it may, you can burrow down further to identify progressively specific advantages that are likewise worth increasing in value. Given this, here are a few advantages of reasoning all the more emphatically:

More achievement: having more vitality, progressively confidence, and increasingly self-assurance prompts more achievement

Better rest and wellbeing: increasingly quiet, positive feelings imply less unpleasant, negative feelings that can negatively affect your body; the outcome is you appreciate the medical advantages of positive reasoning, including better nature of rest

A progressively beneficial life: the more you increase the value of your life with positive reasoning, the more advantageous life is for you

More noteworthy certainty: the more you trust you can accomplish things (a typical type of positive reasoning), the more self-assurance you have

More satisfaction and happiness: the more positive worth that you find in life, the more joyful you become, and the more you appreciate life

Feeling more grounded: as your certainty and confidence increments because of positive reasoning, you likewise feel more grounded and all the more dominant

More vitality: positive reasoning frequently persuades and stimulates you to accomplish things

More genuine feelings of serenity: the better you feel by and large with positive reasoning, the more significant serenity you have

Higher confidence: the more worth you find in yourself with positive reasoning, the higher your feeling of self-esteem

Increasingly agreeable cooperation with others: the more you appreciate life and worth yourself, the more you will in general appreciate social connections

More noteworthy clearness of brain: since you have a decision, it bodes well to think in legitimate, adequate positive ways that advantage you as opposed to in negative manners that hurt you; this is an advantage of positive reasoning great worth considering

Does thinking positive have any kind of effect?

Completely. You simply figured out how you can profit by positive intuition from numerous points of view, so sure reasoning truly works for improving your life.

The most significant inquiry, at present, is this: would you like to think positive contemplations and turned into an increasingly positive scholar?

This is because the most significant factor for turning into an increasingly positive mastermind is to just need to think all the more emphatically, and to be definitive about making a move to think progressively positive considerations, paying little mind to whether any other individual needs you to think all the more decidedly or not.

With this lucidity of the brain, you are as of now well on your approach to growing increasingly positive perspectives about things.

Along these lines, if you have just realized what positive reasoning is, your following stage is to study how to think all the more emphatically and how to remain positive regardless of the conditions.

Chapter 17: Visualizing Your Path Through Meditation

Symbolism is unfathomably easy to utilize. You should simply tune in to your guide while they lead you through a progression of unwinding visualizations. Guided meditations are generally custom-fitted to enable you to achieve explicit objectives, from donning accomplishments to physical recuperating, to individual change, or profound relaxation.

At the point when utilized accurately, these representations are distinctive to the point that they realize quantifiable positive changes in both your body and psyche.

Guided meditation and guided reflection are utilized from various perspectives, from restorative treatment that upgrades mending to profound relaxation. Practically any part of one’s life can be improved by the utilization of positive symbolism.

Weight Loss Visualization

Begin the visualization process by preparing yourself for the activity. Lie down on a mat or sit with your back flat on the wall. The important thing is you are comfortable.

As you close your eyes, recall all the hurtful things that people have said to you about your weight. Recall the humiliating remarks and offensive questions they threw at you. This is painful, but you need to go through this so you could understand how redeeming and rewarding it is to let your mind work.

Whisper to your heart. What is it that you truly desire? There are so many things worth wishing for, like acceptance and love. Then there is also change.

Pain is needed for you to realize you need to change your ways. If people used to tease you about your weight, then it is high time for you to show them how wrong they were. You now have all the time in the world to change how you treat your body and how you perceive life.

Now, envision yourself in your sacred space. You are now in your best element. You may be heavy, but your good heart will guide you towards what is best for your body.

Imagine a pool of light, small and swirling, in your belly, just below your navel. This area is your solar plexus, the source of energy, and will. A yellow light is swirling in that region, warming your abdomen, and speeding up your metabolism. This is where the food that you eat goes. This is where carbohydrates get stuck and become the source of fat and flab. You see the yellow light becoming bigger and more intense now. It is swirling fast, melting your love handles, and the fat in your body.

The yellow light goes up to your stomach and your chest. You feel a sudden warmth there now, as it cleanses your stomach of impurities and cholesterol. You honor your body now, and this sends a signal to the yellow light to speed up the weight-losing process.

The yellow light travels to your arms and legs and begins to melt the unsightly flab and tone your arms and legs. You feel incredibly lighter and better each time the light travels to a part of your body. You can feel your

body reacting to it.

Now, the yellow light goes deeper into your body — your muscles, tissues, arteries, veins, and internal organs. It unblocks and unclogs veins, removes unwanted fat, dissolves particles that have been stuck in your body for long. You can feel your body becoming healthier now, as the yellow light infuses it with energy.

The yellow light shifts into a green one, which heals your body further. It helps you attain the ideal weight and also heals all the hurt and frustration you felt whenever you were teased about your weight.

Lastly, the white light from your crown chakra and the black light from the balls of your feet both work together to cleanse yourself and bring back balance. You are now ready for the actual body transformation.

Still, with your eyes closed, imagine yourself in front of a mirror. You see a new you — a person with a svelte figure, toned and well-maintained, fit, and healthy. There are no more flabby arms and too-wide hips. There are no fats in your belly. There are no more flabby cheeks and cellulite in your thighs.

What you see in the mirror is the version of yourself you have worked on so devotedly. You see amazing changes. You have lost a lot of weight, and you are now ready to take charge of your new life.

See yourself throwing away your old plus-sized clothes. Your jeans that are too wide at the hips will no longer be part of your closet now. It is time for a major wardrobe overhaul.

Picture yourself wearing clothes of a smaller size. Skinny jeans look good on you, and so do smaller-sized dresses.

But what is physical is also manifested in the emotions. You feel lighter now and more contented with your body. Everyone admires you for your commitment to the weight-loss challenge. You have put up with something that is a major challenge for most people, and you have been brave and admirable to give time to it. Congratulate yourself on a job well done.

Powerful Visualization

With the hypnotic gastric band, you can use your imagination to control your subconscious mind and your body. Visualizing weight loss means that you're creating the image of how you want to be in your mind. Visualization is a wonderful tool that triggers your subconscious mind so that you can shape your body to match your mental image.

If you visualize according to the way you're supposed to visualize, you will be able to lose weight, improve your looks, and become more energetic. You have to realize that your emotions and thoughts affect your body, either for better or for worse. Negative thinking, fear, anger, worry, and stress, harm the body, which then produces toxins that will drastically affect you. Now, if you are happy, positive, and confident, you will be able to energize and strengthen your body.

Learning how to use your subconscious mind during visualization is for your advantage. It is a mental diet, which you need to incorporate into your weight loss plan. You will be able to experience greater success with the hypnotic gastric band in addition to affirmations, and visualization, if you start to eat healthily.

Visualization is a great thing because it helps you to overcome overeating and emotional eating. The significance of visualization is not in your physical body but in the feelings of being able to overcome your obsessions and challenges with your food, weight, perfect body, plagues, and the restrictions that are keeping you on a diet merry go round.

With this hypnotic gastric band, you will realize that visualization is a simple process, and it greatly helps during weight loss. Find some frequent moments where you will be able to sit down for several minutes and visualize your slim body.

Ignore all the doubts, worries, and negative thoughts and just focus on the image. Forget your current looks and imagine such a beautiful, slim, and ideal weight. Imagine how gorgeous you look in your swimming suit and the tight clothing that you always want to wear.

Visualize how your peers and your family are complimenting your slim body and slim looks. Watch the entire scene as if it is real and happening

right in front of you. Feel free to construct the different versions of these instances or your other physical roles like dancing or swimming. Visualize the compliments that you're hearing from people about your slim body and watch them those people as they admiringly glare at you.

Ensure that the images you create in your mind are colorful, realistic, and real. See yourself in each of these real and interesting scenes with your ideal weight. Avoid using words that might destroy all the efforts that you've put and allow only the thoughts of your ideal weight and shape to come to your mind. Powerful visualizations will works wonders when you practiced it in hypnosis because it makes the mental image a possible reality.

Guided Visualization

Find a comfortable position lying down on your back. If it feels nice, you can use a pillow to support your head or a long pillow under your knees. Whatever position feels most comfortable to you - just find it now.

And as you're ready, gently closing your eyes to take a few long breaths. In through the nose… and out through the mouth.

Now we'll take a few deep breaths together. Continuing to breathe in through the nose and out through the mouth…

Let all the air in your lungs out…

And in through the nose...

2

3

4

5

(pause)

And sigh it out...

2

3

4

5

(pause)

Again in…

2

3

4

5

(pause)

And out

2

3

4

5

(pause)

Now bring to your mind’s eye, the most peaceful and calming place you can imagine.

It can be a real memory or just an image of somewhere that is beautiful to you.

Noticing everything you see in this place. Even tiny details in the shapes, colors, and textures of things.

Taking a few more moments to notice how it feels in your body to be in this calm, peaceful place. And remember that you can return here anytime.

Chapter 18: Breathing Exercises and Body Scan Techniques to Induce a Mindful and Relaxed State

Communal Yoga Breathing Procedure

When you practice yoga most of the time, then there is a possibility you are aware of this procedure because it is used most through various kinds of yoga. This will help to calm your breathing, and you can enjoy the advantages of taking in fresh oxygen. For you to successfully do this breathing method, you have to follow the directions below.

Be calm, then inhale

Pause

Then gently exhale

Pause

Equivalent Breathing

Breathing methods that will assist in calming your brain, body, and soul can be referred to as equal or equivalent breath. This can be the best solution to help in reducing stress, assist in calming your nerves, and make you have an increase in your focus, and you can do this from any place and at any time. There are a few steps that can assist you in breathing method below.

Breathe in using your nose for a count of four.

Gently breathe out using your nose for a count of four.

Count for Four

This is a ubiquitous method for meditating, and all you have to do is count to four. Then you will count backward begin with four timing your breath. Other various numbers will depend on your preferences, and you can see this in the post. Counting to four as been seen as a common denominator. The steps are as shown below.

Inhale-count one

Exhale-count two

Inhale-count three

Exhale-count four

Inhale-count three

Exhale-count two

Inhale-count one

Exhale -count two

Repeat the process

Abdominal Breathing

This is considered to be one of the simplest breathing methods at which it is recommended to beginners who want to start meditation.

Nevertheless, this method is possibly used in and outside meditation, and this is because of its real power and helps in the reduction of depression at any given period. You will also spend some moments for you to execute it, this will give you an advantage in any situation where you need to recall yourself. Below are the steps to guide you through.

Put one hand on your chest

Take another side and put it on your stomach

Inhale deeply through the nose

Feel your hand on your abdomen as it moves as you inflate your diaphragm with oxygen

Gently exhale

Stimulating Breathing

It can also be referred to as the bellows breath, and this has the advantage of increasing your attentiveness and energy. You have to practice this for you to be perfect when doing it. This will make you feel invigorated, and you will have addiction in the way that it makes you think. Below are the steps.

With haste, breath in and out using your nose, will little time, balancing time for both inhalation and exhalation. Your target is to have three inhales and exhales every second.

Do this for five seconds.

You should increase your time gradually throughout the process till you get to one full minute.

Alternative Nostril Breathing

This is a common breathing technique that can be used when meditating, and yoga is the substitute nostril breathing, and this is how it will sound like. When you use this method, then it will allow you to reenergize your brain, physique, and spirit. You can follow the steps below.

Using your right thumb, plug it into your right nostril

Breathe in deeply using your left nostril

Take off your right thumb from your right nose and take your ring finger then plug it into your left nostril

Gently breath out

Then repeat the process

The 4-7-8 Count

This can also be referred to as the relaxing breath method. It is among the easiest to execute, and as a bonus, the benefits you will have are exponential. This method is the best when it comes to calming down the nervous system; thus, this will assist in tranquilizing the nerves. This can be an excellent method for any person that wants to calm their brains, or if you are suffering from depression or sleep restlessness. Below are the steps on how you can do it.

Put the tip of your tongue to rest at the top back of your dental formula

Breathe out profoundly along with a great sigh or whizzing sound

Shut your mouth and slowly breathe in using your nose in a count of four

Then take hold of your breathe in a count of seven

Breathe out deeply and do this in a count of eight, then release a big sigh

Repeat the process

Skull Shining Breathing

This kind of breathing method is also referred to as Kapalabhati. This is another excellent way that can help you shake off your negative energy and assist you in warming up your brain, body, and spirit. You can use this method in the morning when going to an exam, before you attend your next yoga class, or when meditating. These are the steps that you can use for direction.

Breath in slowly and let it be deep

Then quickly breathe powerfully from your diaphragm

Repeat this process

Mala Bread Breathing

When you are not good at counting, or you are so much overwhelmed, distracted, stressed to keep counting, mala beads are the perfect explanation. These meditations were used in the tracking of your breath, sans any counting. You have to move your fingers along the mala beads, single for every breath. You need to choose the right mala bread for your purpose; this is because the energy from natural stone can make you have further meditation and be relaxed. The steps to follow are below.

Choose a specific mala bead precise to your purpose

Take the mala bead and hold it in your right hand

Shade it amid your middle and index finger

Beginning at the guru bead, move your thumb along every smaller bead, breathing in for, respectively.

Continue doing this for 108 times until you get back to your guru bead

Mala beads are also used in every breathing method that has been mentioned. Breathing Is the most straightforward, most affordable, and inarguably most commanding form of therapy. You are advised to choose a breathing method and some mala beads that will suit your wants and secure the reimbursements of appropriate breathing.

Sama Vritti or “Equivalent Breathing”

Sama Vritti Pranayama is an incredible unwinding instrument that can help clear your psyche, loosen up your body, and enable you to center. You can do it anywhere. Simply locate an agreeable seat with your back upheld and feet on the floor. Put shortly viewing your normal breath. Without transforming anything, watch the common inward breath, the exhalation, and the regular stops between every breath.

After a couple of rounds, you could take the tally up to 6, yet you can remain at 4 or on the off chance that you discover you are battling with the breath just lower it to 2 or 3 until it feels simpler. Attempt to develop a similar nature of breath toward the start, center, and end of the tally.

The breath ought not to be constrained or stressed during Pranayama.

Stomach Breathing Technique

Diaphragmatic breathing is a sort of a breathing activity that fortifies your stomach, a significant muscle that causes you to relax. This breathing activity is additionally here and there called paunch breathing or stomach breathing. One of the greatest advantages of diaphragmatic breathing is lessening stress. The most fundamental kind of diaphragmatic breathing is finished by breathing in through your nose and breathing out through your mouth.

Nadi Shodhana or “Substitute Nostril Breathing”

Nadi signifies “channel,” and Shodhana signifies “purging” or “purifying.” Nadi Shodhana Pranayama will loosen up the brain and set it up for reflection, making it an incredible procedure to perform before ruminating. It can likewise be polished as a major aspect of the Padma Sadhana sequence. Alternate nostril breathing can be valuable for both the start and prepared yoga expert.

Kapalabhati or “Skull Shining Breath”

Kapalabhati is a middle of the road to-cutting edge pranayama that comprises of short, groundbreaking breathes out and latent breathes in. This activity is a customary inner sanitization practice, or Kriya, that tone and purges the respiratory framework by empowering the arrival of poisons and waste issues. It goes about as a tonic for the framework, reviving and restoring the body and psyche. “Kapala” signifies the skull and “Bhati” signifies light.

Deep Breathing

Deep breathing is a simple method to unwind and release your stresses. Likewise, called belly breathing, diaphragmatic breathing, and stomach breathing, it can bring down your pulse and loosen up tense muscles. It can enable you to wash away a portion of the worry of your day and get ready for a more settled, more loosening up the night. Pick a moment of the day that works for you. Attempt to keep a similar everyday practice once a day to pick up the most significant advantage.

You can do it virtually from any place, and it just takes a couple of minutes. In case you're fatigued and don't have 10 minutes to de-stress, even a couple of full breaths can help. A small-scale variant of this activity can help ease stress when you've drilled it a couple of times. Envision that every breath is clearing unceasingly pressure, and you may quiet your uneasiness in one moment or two. When you've drilled it a couple of times, a small-scale variant of this activity can help ease stress. Envision that every breath is clearing unceasingly pressure, and you may quiet your uneasiness in one moment or two.

When you figure out how to profound inhale, you can utilize it to quiet you anyplace. When you're sitting at your work area or doing work around the house, know about your breathing and the pressure you are feeling. Keep in mind your deep breath in everyday practice and let the pressure blur away. Utilize this bit by bit manual to figure out how to overwhelm your stress.

Locate an agreeable, calm spot to sit or rests

Pick a spot where you realize you won't be aggravated

Take your place

Stay calm and relaxed

Take a moment to get comfortable

Don't do anything

Just stay completely relaxed for a few minutes

Make sure nothing is disturbing you

Notice if there is tension anywhere

If you feel any part tense, release the tension

Adjust your body to release the pressure

On the off chance that sitting, keep your back straight and your feet level on the floor

Now, close your eyes

Start by breathing normally

Inhale

Exhale

Don’t try to increase or decrease the rate of your breathing

Just focus on your breathing

Inhale

Exhale

Put one hand on your midsection, just underneath your ribs

Focus as the hand on your midsection goes in with the breath

Take a deep breath through your nose

1…2…3…4

Make sure your chest does not rise while your stomach expands

Holding your breath

Breathe out through your mouth

4…3…2…1

Do this practice multiple times until you have a quieting beat

Inhale gradually through your nose

1…2…3…4

Holding your breath

Gradually exhale through your mouth

4…3…2…1

Inhale

As you breathe in, envision that the air you’re breathing is spreading unwinding sensation all through your body

Holding your breath

Exhale

As you breathe out, envision that your breath is whooshing ceaselessly stress and strain

Repeat this process a few more times

Breathe in

1…2…3…4

Hold your breath in the abdomen

Exhale through your mouth

4…3…2…1

Breathe in

Every inhaling is energizing

Hold your breath

Exhale through your mouth

Every exhaling is calming and relaxing

Breathe in

1…2…3…4

Hold your breath in the abdomen

Exhale through your mouth

4…3…2…1

Breathe in

1…2…3…4

Hold your breath in the abdomen

Exhale through your mouth

4…3…2…1

Now stabilize your breath

Feel how relaxed you are

All the stress was released

Your mind is calm and clear

You are in perfect harmony

Take this feeling with you

Now open your eyes.

Roll Breathing

Roll breathing causes you to grow full utilization of your lungs and to concentrate on your relaxing. You can do it in any position. Yet, while you are learning, it is ideal lying on your back with your knees bowed.

Practice this breathing exercise day by day for a little while until you can do it anyplace. You can utilize it as a moment unwinding apparatus whenever you need one. Some individuals get tipsy an initial couple of times they attempt to move relaxing. If you start to inhale excessively quickly or feel woozy, slow your breathing and get up gradually.

Locate an agreeable, calm spot to sit or rests

Pick a spot where you realize you won’t be aggravated

Lie on your back

Bow your knees

Stay calm and relaxed

Take a moment to get comfortable

Don’t do anything

Just stay completely relaxed for a few minutes

Make sure nothing is disturbing you

Notice if there is tension anywhere

If you feel any part tense, release the tension

Adjust your body to release the pressure

Now, close your eyes

Start by breathing normally

Inhale

Exhale

Do not rush the process

Just focus on your breathing

Inhale

Exhale

1

Put your left hand on your tummy and your right hand on your chest

Notice how your hands move as you are breathing in and out

2

Work on filling your belly by breathing so that your left hand goes up when you breathe in and your right hand on the chest stays still

Continuously take in through your nose

Now add the second means to your breathing

Breathe in first into your belly as in the past

And after that keep breathing in into your upper chest

3

Inhale gradually and routinely

As you do as such

Your right hand will rise

And your left hand will fall a little as your tummy falls

4

Now inhale out the air first from your belly

And only then from your chest

Notice how at first your left hand

And afterward your right hand fall

As you breathe out gradually through your mouth

Make calm, whooshing sound

Repeat these 6 to 8 times

Inhale gradually with your belly

Then inhale slowly with your chest

Now exhale gradually with your belly

Then exhale slowly with your chest

Notice that the development of your belly and chest rises and falls

Like the movement of moving waves

As you breathe in,

Notice the energy flowing your body

As you become full of vitality
As you breathe out
Feel the strain leaving your body
As you become increasingly loose
Inhale gradually with your belly
Then inhale slowly with your chest
Now exhale gradually with your belly
Then exhale slowly with your chest
Inhale gradually with your belly
Then inhale slowly with your chest
Now exhale gradually with your belly
Then exhale slowly with your chest
Inhale gradually with your belly
Then inhale slowly with your chest
Now exhale gradually with your belly
Then exhale slowly with your chest
Inhale gradually with your belly
Then inhale slowly with your chest
Now exhale gradually with your belly
Then exhale slowly with your chest
Now bring your breathing back to normal
Remain lying for a while
Became aware of everything in and around you
Now open your eyes.

Box Breathing

One of the simplest and best breathwork procedures is box breathing. No, this doesn't include sitting in one of those goliath boxes you get when you move to another house, yet instead alludes to the example itself. Known to be highly effective in promoting peaceful sleep, Box breathing includes giving equivalent time to a nasal breath in, first breath-hold, nasal breathe out, and second breath-hold. The rhythm and cadence of box breathing make it relax. It urges us to concentrate on tallying the corner of each of the four "sides."

Since the in-breath and out-breath are equivalent, this method adjusts to your sensory system and helps you settle and bring your body and mind back to the focus. Box breathing is ideal for relaxing, mainly when one of its advantages include promoting sleep.

Box breathing is an extraordinary procedure for us to deal with everyday stressors as well. The system works in a wide range of stressful circumstances. Hence, it is recommended for everyone. Except for children younger than 7-8 years of age, this procedure can be advantageous to anybody, particularly the individuals who need to think of reducing stress.

It is recommended to attempt to rehearse the box breathing technique for 10 to 20 minutes daily. On the off chance that that target appears to be unattainable, you may try it for a couple of minutes at whatever point you feel and stop it when you become uncomfortable. On the off chance that you practice this technique at least for 5 minutes daily, you will see a considerable effect in your everyday life.

Locate an agreeable, calm spot to sit or rest

Take your place

Stay calm and relaxed

Take a moment to get comfortable

Don't do anything

Just stay completely relaxed for a few minutes

Make sure nothing is disturbing you

Notice if there is tension anywhere
If you feel any part tense, release the tension
Adjust your body to release the pressure
Now, close your eyes
1
Inhale through your nose while counting to four gradually
1…2…3…4
Feel the air enter your lungs
2
Hold your breath inside while counting gradually to four
1…2…3…4
Make an effort not to clasp your mouth or nose shut
Abstain from breathing in or breathing out for 4 seconds
3
Start to gradually breathe out for 4 seconds
4…3…2…1
Rehash stages 1 to 3 in any event for 4 minutes, or until calmness returns
1
Inhale through your nose while counting to four gradually
1…2…3…4
Feel the air enter your lungs
2
Hold your breath inside while counting gradually to four
1…2…3…4
Try not to clasp your mouth or nose shut
Abstain from breathing in or breathing out for 4 seconds
3
Start to gradually breathe out for 4 seconds
4…3…2…1
Let’s repeat again
1

Inhale through your nose while counting to four gradually
1…2…3…4
Feel the air enter your lungs.
2
Hold your breath inside while counting gradually to four
1…2…3…4
Make an effort not to clasp your mouth or nose shut
Abstain from breathing in or breathing out for 4 seconds
3
Start to gradually breathe out for 4 seconds
4…3…2…1
You are doing great
You are feeling completely relaxed
There is no fear now
There is no anxiety
There is no stress
You can open your eyes now
Or choose to stay in this position for a bit longer
Relish the feeling for as long as you want.

How Practicing Breathing and Relaxation Can Help Induce Meditation

All these techniques have a wide range of benefits both to the body and to the mind. Apart from managing anxiety, breathing, and relaxation techniques, they offer many advantages in other areas as follows:

Improved breathing: this technique involves a deep breath like meditation and yoga that plays an essential role in opening up air pipes and facilitating the free flow of clean air in and out of the system. Even if one experiences anxiety, chances are that their breathing system will not be harmed.

Mental stability: these exercises and techniques do not only curb anxiety, but they also prevent many other psychological and mental disorders. It is possible when you keep your mind busy and divert it from the cause of stress. This diversion applies to other underlying conditions of the mind.

Spices up one's social life: most of these activities and techniques are done in groups such as yoga classes and Tai chi. They expose us to different kinds of people and make us more friendly. Once we begin socializing with others, the chances are that they will talk about their problems and get help.

Boosts confidence: anxiety becomes worse if the affected individual considers themselves weak. As soon as these exercises start gaining momentum, you will notice a feeling of self-love and confidence running through you. This is a hidden benefit of applying these techniques.

Engages the brain: most people would use their free time to worry about vague threats that will only increase their chances of developing anxiety. Participating in these exercises will engage the brain, and you won't be thinking about some imaginary threats and problems. By the time you are done with the practice, it will be time to resume your regular duties, and this keeps your too brain busy to indulge in unhealthy thinking.

Keep in mind that not everyone responds well to anxiety exercises and relaxation techniques. The symptoms may worsen for some people. If you notice that these exercises are not doing you any good, see a doctor

immediately for further direction. Seeking professional help is essential since you might be suffering from other hidden illnesses.

Chapter 19: Guided Meditations for Relaxation, Deep Sleep, and Anxiety Relief

How Can Mindfulness Help You Find Inner Peace?

Some of us can spend all our lives looking for inner peace. While some can find it, sadly some cannot. Mindfulness is a great way to achieve that inner happiness and calmness so many wish they could have. To understand how to find your inner peace through mindfulness practice, it is important to understand one thing. What exactly is inner peace?

Inner peace is the absence of internal (and even external) suffering. Sometimes, the terms true happiness and inner peace can be used interchangeably. Although they are similar, there is a slight difference between the two. True happiness means that there is a connection or an element of joy or excitement. Happiness is an emotion arising from inner peace. That means that inner peace itself is finding complete and utter contentment with one's life.

To achieve inner peace, one must understand what suffering is. Practitioners of mindfulness know that there are four Noble Truths associated with suffering. We will briefly define them now.

The first of the four noble truths is the actual existence of suffering. Everyone is well aware of the fact that suffering exists. Some people feel it on a deeper level than others, but it is there in most of us nonetheless. For the majority of us, it tends to be slight mental, emotional, or even physical anguish. If one has a conscious mind and emotions, they are capable of suffering. One cannot find true inner peace until they can overcome suffering and find a way to become more resilient to it.

The second noble truth is the origins of suffering. With this, we see varying ideas on where suffering originated from. It could be the result of becoming attached or clinging to another. It could be ignorance. It could be a combination of both. What it boils down to is that it came from somewhere. It is natural for humans to become attached to people or things that give us emotional gratification or pleasure. People become attached to others, places, memories, and even beliefs. The things we become attached to fulfill some deep-rooted need that we've come to believe is necessary for us to be happy. When something we've become attached to is lost, we suffer.

The third noble truth is ending suffering. Here, we see that it is possible to live a life free of suffering. We can do this by developing greater inner awareness and mindfulness. While this can be easier said than done, with practice and determination, it is entirely possible to achieve. True mindfulness helps us be aware of our actions and the consequences associated with them. In learning this, we can start to behave in ways that ultimately have less suffering for us and the people we love.

The final and fourth truth is the path that leads to ending suffering. Here, there are eight principles one must live by to end their suffering. They are:

Having the right view of life

This does not mean your view is more valuable or correct than another. Having the right view is having a positive outlook on life and the world around you. Positivity is important in mindfulness. Negative emotions and ideas tend to block one from being able to find that inner peace they need. When using mindful meditation, you will recognize these thoughts and learn to stop them in their tracks before they get out of control. Positivity is always the answer.

The right way of thinking

This goes along with positivity and finding the good in other people and the world around you. It has less to do with political or religious views and more to do with focus, finding the bright side, and that ever-important positivity.

The right speech

What you say and how your words are spoken have a great impact on inner peace. In this instance, knowing not to say anything hurtful or cruel is key. In the heat of the moment, that can be hard. What's important is to try to practice this daily. Find something positive to say to your friend, family, or even a stranger. It's a pretty great feeling to see them smile and know you had something to do with brightening someone else's day.

The right action

We all know the difference between right and wrong. Acting with purpose and positivity is something we should all practice regularly. The phrase does the right thing is accurate when speaking of the right action.

The right livelihood

This is one of the most important of the eight principles one should live by. The right livelihood involves finding a path in life that does not compromise one’s ethics. What you choose to do for work in particular should not bring harm to others. This is tough because many large businesses are globalized these days. Not many people can up and leave a well-paying job, either. Working ethically within an organization is a great way to practice integrity, decency, and honesty without having to find another job.

The right effort

This can go hand in hand with one's job, or everyday life. As long as an honest effort is made, that's what counts. This will be the same with your practice. In the beginning, it will be difficult. As long as an effort is being made, you are on the right path.

The right concentration

This tends to come with practice. Thoughtfully concentrating on meditation is one way to get to the right concentration. As with most things in life, it will take practice. When we concentrate, thoughts that shouldn't be there might make an appearance. Realize that this is part of the process and that it is okay and then move on.

The right mindfulness. The final step in this process is achieving the right mindfulness that will help one let go of their suffering and get on the path to finding their inner peace.

Now that we have talked about suffering and how to overcome it, let's talk about the ways that achieving mindfulness can help one find inner peace.

A lot of us carry suffering and pain from previously unresolved issues in our pasts. It can be anything from a bad relationship to traumatic experiences or even the loss of a loved one. The list is extensive, but it comes down to those experiences being an obstacle to achieving happiness. Until we can transform them, we will not be able to find the true inner peace we seek. Mindfulness meditation can help heal the wounds from the past. It aids in understanding painful situations and helps one to see things from a different, broader perspective. It helps to realize that we are not the only people who have suffered, which in turn, grows your compassion toward others. With that, inner strength will also increase, with practice, which diminishes pain and suffering, replacing it with love, peace, and acceptance.

Mindfulness can also help improve relationships. It does not matter how much life experience we have, when it comes to relationships, we can always find ways to improve. Communication is key to healthy, long-lasting relationships and that will bring greater harmony and peace to those relationships. Mindfulness meditation has several tools to use that will aid in relationships. Mindful speech and deep listening are two great ways to help reduce misunderstandings that can lead to conflict. The ability to forgive and be nonjudgmental are two more ways we can improve relationships. The inner strength gained from meditating mindfully will make all of these things easier. In turn, it will enable one to

develop deeper compassion for people and bring more intimacy and love into the relationship.

Meditation is wonderful for aging and overall better health. Unfortunately, we all age, and our health declines. It can be anything from the normal wear and tear of aging to serious illnesses. Whatever the case may be, it is a reminder of mortality and how fragile life can be. Mindfully meditating can help deal with aging and health issues. Accepting the fact that you are aging is a huge step. Keep emotions calm and develop inner strength. We know that there is research to show that mindfulness meditation can help reduce stress, which is one of the major contributors to poor health. Practice also improves the immune system, which is important for quicker healing and resistance to many sicknesses and diseases. Mindfulness helps one to realize that they are more than just their body and mind, that they are connected to the rest of humanity and nature on a deeper level. This helps to abate loneliness and insecurity, enabling one to live their life to the fullest.

All of these things working together will not only improve overall health, it helps to find that inner peace so many seek. It is a rare thing to discover and with proper practice with mindfulness meditation, it is entirely possible.

How to Become Stress and Anxiety Free

Anxiety could make you feel bad about yourself and prevent you from mindfully meditating the right way. However, before meditating, you could start addressing your anxiety first so you can work on letting go of it.

As a start, you can answer the following questions:

As a child, how did you usually feel when you were around your parents and family?

What usually made you feel anxious as a child?

Were you very shy as a child? Or, did you notice your shyness showing as you grew up?

Have you always had trouble relaxing?

What usually runs in your mind?

What things are you most worried about?

Have you ever felt unloved or underappreciated as a child?

Are you often irritated or annoyed?

Do you often fear that something terrible might happen?

What other symptoms do you feel aside from what's given?

What other conditions do you suffer from?

Are there particular people you do not want to be around with? Who are they and why?

What situations annoy you?

What situations make you feel like running away?

What provokes you?

How do you feel when your routine gets interrupted or when something out of the ordinary happens?

How do you feel when someone invites you to a party?

Where do you think your anxiety stems from?

Then, separate them into three categories, namely Physical, Behavioral, and Cognitive. For this, you could keep the following in mind:

Physical

What were the symptoms that you feel during your panic attacks or during situations that make you anxious? Remember that it differs for everyone, so it's just right that you write down how it is for you. Here's an example:

"Usually, I get headaches, and my heart races so fast whenever I'm in a situation that makes me anxious. I have shaky hands and legs, too, and I feel like I'm somewhere else and it makes me scared. I also hate the fact that there's a lot of light around the room."

Behavioral

This is about how you acted or tried to escape from an anxious situation. For example:

“I covered my ears with my hands so I wouldn’t be able to hear what’s going on around me. I also put a blanket over myself, so I won’t be able to see light because it makes me feel all the more awful. Whenever I have my earphones and my iPod with me, I also just try to listen to music, so I won’t hear other people.”

Cognitive

Finally, you have to write down the thoughts you usually have during your attacks.

“I feel like I just want to be transported away from the situation—like I want to be anywhere but there. I want the world to swallow me up; I just want to be gone.”

And afterward, you could form positive reactions in your head using learning reaction formation, which goes like this:

Instead of asking someone to pay for what I have bought at the mall for me, I will do it myself.

Instead of saying “no” right away to the person who invited me to a party, I’ll say yes and I’ll show up. After all, I am not sure of what happens, but it could be great and I might meet someone nice.

If I’m asked to make a speech or speak in public, I’ll make sure that I have prepared for it. I don’t have to be perfect but at least, I know that I have prepared and I won’t be embarrassed.

If people around me are being so noisy, I’d just put some music on and wear my earphones so I won’t be able to hear them. Or, maybe, I’ll try to join the conversation.

You have to assess the situation so you could create positive responses in your head. In creating these responses, you need lots of practice but soon, it will pay off.

When you think positively and have positive responses, you’ll be able to do it in real life, too. It’s not that simple, of course, but just take it a step at a time and you’ll be fine.

Start with Relaxation and Breathing

Once you've read this book and decided to commit to practicing mindfulness, you can begin your first session. The first step is to get into as relaxed a state as possible. Then, you can enter into mindfulness by focusing on your breath.

Prepare to Be Mindful

The first few times you begin a mindfulness session, you need to put some thought into preparing for it. This involves paying attention to practical details. You need to choose where to be mindful and what you're going to do as you get into the mindful mode.

Later on, you'll develop the skills to be mindful in any situation and any place. For now, though, choose a quiet place with only a few distractions. You might find it helpful to set an alarm on your smartphone or use a kitchen timer for the amount of time you intend to stay in a mindful state. This allows you to stop paying attention to how much time has passed and maintain your focus on the present time, moment by moment.

It's usually best to start with a seated mindfulness meditation so you can concentrate better. So, choose a place and a seat and get together anything you need, such as pillows or a yoga mat.

Get Comfortable

You need to take care of your physical needs before you start with your first mindfulness sessions. If you don’t, your session will be disrupted when you re-situate your body or shiver from the cold. As you develop your mindfulness skills, you can allow these distractions, knowing that are a part of your life experience. However, right now, make sure the temperature of the room isn’t too hot or cold for you. If you want to practice mindfulness in an outdoor setting, that’s okay as long as the temperature isn’t extreme. Make sure you’re in a position in which you won’t get any cramps, numbness, or pain you can avoid. Again, being mindful in difficult situations will come later. For now, keep the temperature mild and get comfortable using pillows or blankets.

Do Relaxation Exercises

Learning to relax can be a major hurdle to being mindful. You can fly over that roadblock as easily as an experienced track runner if you use specific exercises to do it. It can be helpful to do a systematic muscle relaxation exercise.

In your seated or reclined position, think about your toes and tighten those muscles as hard as you can. Keep them tight for 10 seconds, counting off each second in your mind or out loud. Then, release the muscles of your toes all at once. Imagine that your toes are floppy and boneless. Next, move up to your feet and tighten and relax them in the same way. Keep moving up your body, one muscle group at a time, until you're relaxing the muscles in your face and head.

Another relaxation exercise is to picture a calming scene. For instance, you can imagine you're sitting beside a slow-moving river. Then, imagine leaves floating downstream lazily. When thoughts or worries arise, imagine putting them on a leaf and letting them continue their journey down the river without you.

Focus on Your Breath

You’re always breathing. You have to be to live. However, how often do you pay attention to your breath? If you’re like most people, you only notice your breathing when there’s something wrong with it. You might be doing a strenuous activity and finding it hard to breathe normally. Or, you might have a cold and it takes a greater than usual effort to breathe as deeply as you usually do. During your mindfulness session, you need to stay more focused on your breath.

Try breathing in slowly, to a count of 8. Hold the breath for 4 to 8 counts, and then release it gradually to another count of 8. When you’ve exhaled fully, wait for another count of 4 to 8 before moving on to the next inhale. Imagine that your breath is coming and going in a circular pattern.

Another technique is to imagine something positive coming in with each inhale and something negative being released with each exhale. For instance, you might think of peacefulness coming in with each inhale and stress going out with each exhale. Whenever your mind wanders to the past or future, go back to focusing on your breath. Don’t expect yourself to be perfect. Instead, release those negative judgments and keep going back to your breath focus.

Settle into a Steady Breathing Pattern

Once you're completely relaxed and focused on your breath, you can let your breathing settle into a gentle and rhythmic pattern. At that point, you're fully prepared to experience the moment mindfully. You can begin to notice what's happening around you and let your breath take care of itself in the relaxed way you've developed in the preceding moments.

Come Back to Your Breath as Needed

With the previous preparation completed, your breathing should take care of itself, at least for a while. You'll shift your focus to the world outside you and to your personal feelings and bodily sensations. However, any time you lose that focus, you can always come back to your breath and start again.

Breathing Awareness Meditation

Before we begin this meditation, I now invite you to find a position that is comfortable for you. As you settle in, take a few moments to make sure all distractions such as your cellphone and laptop are closed. For the next few minutes, I would like you to just focus on yourself. As you meditate, there is nothing else that matters. If you are feeling anxious right now, that is perfectly okay. We all go through these feelings. What matters right now is that you do something about it.

(PAUSE)

As you settle into position, go ahead and take a nice, deep breath in. If you would like, allow for your eyes to begin to flutter closed. If you are not comfortable with this, simply keep them open and start to soften your gaze. When you are comfortable, all I would like you to do is find your breath. With each breath you take, simply become mindful of how it feels to breathe in fully and exhale everything out. When we feel anxious, we often forget the very basic concept of breathing. Our thoughts begin to move quickly, and our breathing patterns begin to match. Perhaps you are mindful of this, but most likely, you had no idea because you were so focused on being anxious, and that is okay! Just breathe and tune your focus in on yourself.

(PAUSE)

Right now, all you need to focus on is the air entering through your nostrils. It does not matter why you feel anxious, and it does not matter what tasks need to be completed once this meditation is finished. Allow for all of the thoughts in your head to exit and focus only on your breath.

(PAUSE)

On your next breath, I want you to become mindful of how the air travels into your lungs and allow for your belly to fully expand. As you breathe out, feel how your belly gets smaller, and the air moves peacefully back out through your mouth or nose. You may notice that you inhale feels different from your exhale. Breathe in and feel the comfort of the cool air as it enters your body and how warm it feels as it leaves.

(PAUSE)

If you ever become distracted during your practice, that is perfectly okay. We all get distracted sometimes. If you find yourself getting distracted by noise or thoughts, allow these to pass without judgment and bring your focus back in yourself. There is no need to change anything right now. All you are doing is relaxing and breathing. Simply bring your attention back to your breath and continue a few more moments to breathe on your own.

(PAUSE)

If you would like, you can count with me as you continue to find your breath. On your next breath, I invite you to hold the breath for a few beats. Allow for the air in your lungs to nourish your body and your thoughts. I want each breath to relax you and clear your mind of all worry. When you are ready, we can begin.

Breathe in softly…and hold for one…two…three…and slowly release. Excellent.

Let’s do that two more times together.

Breathe in softly…and hold for one…two…three…and release.

(PAUSE)

Breathe in…and hold for one…two…three…and slowly release.

(PAUSE)

Wonderful. At this point, you are probably already feeling much better. Go ahead and take a few more breaths on your own time.

(PAUSE)

During times of anxiety, I want this to be the first practice that pops into your mind. While breathing is a simple task, it can be highly effective. We all experience anxiety in different ways. If you start to become overwhelmed with tasks or emotions, take a step back and find your breath. With each breath you take, gently remind yourself that these feelings will pass, and as long as you are breathing, you will be okay. When you are ready, we can continue to the next meditation to keep working through overcoming your anxiety.

Meditation Time: 15 Minutes

Guided Meditation to Improve Sleep

This exercise is a guided meditation to improve your sleep. It is intended to calm the body and mind allowing sleep to come more easily.

You can do this meditation lying down with your eyes closed. It can be used before or close to bedtime, preferably as you are lying in bed for sleep to promote a relaxed mind and body. It is best if you have gone through your normal end of the day activities before you do this exercise.

Get yourself comfortable and settled, close your eyes.

Begin by taking a deep breath in and slowly letting it out.

In and out.

And again, in and slowly out.

Consider your day; how it went, what happened, the general feeling of it. No judgments, no worries. It is what it is. Thank it for being there.

It is now time to let it go.

Feel the calming energy of night wash away the day.

Steady your breathing, letting go of the day, and transitioning into the night.

Feel your body settle, breathing in the calmness of the night.

Breathing out the day.

In and out

As you take your next breath in notice where you feel it flowing.

Focus on the rising and falling of your chest.

If you feel your mind wander, bring it back to the present moment.

Bring it back to your breathing.

On your next breath have it flow as deep as you can; bring your breath past your chest allowing your abdomen to rise.

Slowly let it out.

Continue to breathe deeply.

Letting sleep in and allowing the day to go.

Count out to 100, focus on the numbers, each one allowing you to fall more and more asleep.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

The day no longer matters, thank your mind and body for the job well done.

Take a moment to appreciate all the work it has done for you throughout the day.

Deep breath in and slowly out.

Breathing in a peaceful sleep and breathing out the day.

Conclusion

With the information you have gained, you can now embark on your weight loss journey with boldness because you know that this time you will succeed. You can be sure that your efforts will not be in vain. Far from it. This time you will achieve your goals and progressively become the person that you have always wanted to be.

Perhaps you have been yo-yo dieting, and every plan you engage in fails. By understanding the reasons, you overindulge is one of the best ways to begin this journey. Hypnotism is a great way to address any underlying issues that may be causing you to overeat and gain weight.

The next step now is to go over everything which we have discussed throughout this book to devise your plan which can help you lose weight… and keep it off! As we have stated multiple times, you have everything you need to be successful. So, it is now only a matter of making the most of your efforts. Furthermore, you will find that being consistent will yield the best results.

The techniques in hypnotherapy have been used for hundreds of years, and many people have reported positive results. How we do things is deeply embedded in our subconscious minds. The mind is a powerful tool and changing your mindset with regards to food will help you have a healthier relationship with food. Hypnosis can help you transform your mind to eliminate emotional eating and lose weight.

In the book, you have also realized that apart from going to see a professional hypnotist, one can self-hypnotize. You can do this to aid you in controlling the portions you eat.

At the end of it all, it is about eating consciously. Adapting mindful eating habits will help you maintain a healthy lifestyle even after reaching your goal weight. As you purpose to eat more attentively, be sure to engage a hypnotist that you can trust to take you through the journey. If you choose to self-hypnotize, you don’t have to procrastinate anymore, download an app to help you and start your journey today.

Always remember calories and your consumption, as well as spending on them. Start physical exercises and control your portions to cut down on your calorie consumption. As such, this process doesn’t have to be stressful. Far from it. It simply needs to be a routine that you can focus on so that it feels right for you.

You have learned a lot of things in this guide. You know how to release your anxiety, how to meditate properly, what the most efficient affirmations are. You can do miracles if you use these techniques properly. But pay attention not to overcompensate and not to create another addiction: undereating instead of overeating. Remember to love your body and your soul, because this is the only way to harmonize them. I wish you a wonderful experience on your way to losing weight!

Losing weight is a journey that is not always easy. Often, people think it is as simple as changing your diet and including some exercise in your daily routine, and just like that everything changes. While diet and exercise are undeniably important aspects of weight loss, focusing exclusively on diet and exercise means that you are forgetting one important thing: your mind. Your mind is responsible for all of the habits and behaviors you engage in, including the ones that lead to you relying on an unhealthy diet and unhealthy exercise routine in the first place. If you truly want to lose weight and keep the weight off, you need to take your mind, emotions, and spirit into account, too.

Through proper hypnosis practices, mindset shifts, and energy practices, you can help rewire your brain so that embracing healthier habits and behaviors comes easily for you. This way, rather than struggling and fighting against your inner voice, which is asking you to behave in one way (an unhealthy way), you can flow naturally with your body and inner voice into a state of better health.

Remember that weight loss is a journey and not a sprint, so take your time and be consistent in your practice. The more consistent you are with your mindset, diet, and exercise, the faster you will see your weight shedding. If you truly want to go fast, be consistent, and stay focused on mastering each step with excellence.

You can make it easier for yourself, and you can have control over your ability to enjoy a happier and healthier body. It is not about not wanting to change. It is a commendable endeavor when one wants to achieve or retain their looks or care about looking more attractive.

Life would be much simpler and happier if we could accept ourselves as we are. A lot of negative emotions would be released, we would have less stress, and more of the things that matter come into view. The bottom line is, if we need to change something, we can’t do it until we make peace

with the current state. This is a vicious circle. The mind works, in effect, in a strange way. If we resist something, we get more of it.

After all, if we focus our attention on what is bad, we reinforce the bad. And what we pay the most attention to as we think about something will come true.

Everything that comes from you that relates to you is just yours: your feelings, your voice, your actions, your ears, your thighs, your hopes, and fears. That's why you are unique. Be happy that you are different from everyone else, that you look the way you do and that it is just you. Start to feel that it's your own body, not something separate, that you need to live with.

Compliment yourself. You should consider yourself and treat yourself with the same kindness and the same admiration that you would reserve for those you love. You probably wouldn't direct the same criticisms you do to yourself, to another person. Don't hesitate to compliment yourself, don't be too hard on yourself and forgive yourself when you make a mistake. Get rid of the hatred you feel for yourself, replace it with greater understanding and appreciation. Stay away from negativity. Avoid people who only talk badly about their bodies. You risk getting infected by their insecurities and dwelling on your faults. Life is too short and valuable to be consumed by hating yourself or looking for every little fault, especially when the perception you have of yourself tends to be much more critical than that of others. If a person starts to criticize their body, don't get involved in their negativity. Change the subject instead or leave.

Wear comfortable clothes that reflect who you are. Everything you have in the wardrobe should enhance your body. Don't wear uncomfortable clothes just to impress others. Remember that those who accept themselves always look great. Wear clean, undamaged garments to dress the body the way you deserve. Buy matching briefs and bras, even though you are the only one to see them. You will remind your inner self that you are doing it exclusively for yourself.

Ask others what they love about you and what they consider your best qualities. This will help you develop yourself and remind you that your body has given you so much. You will probably be surprised to discover what others find beautiful about you; you have probably forgotten about them.

Surround yourself with people who love themselves. People absorb the attitudes and behaviors of the people around them. If your life is full of positive influences, you will also adopt them, and they will help you to love both your inner and outer. Look for optimistic people who work hard to achieve their goals and respect themselves.

Think of all the people who have reached important goals and whom you admire. They can be individuals you know personally or not. They are probably renowned and respected for the goals achieved regardless of the type of physique they have. Take the opportunity to remember that the body is not an obstacle to living or finding happiness. The body can help you pursue all your dreams and desires.

Look at every area of your life and decide your level of satisfaction with every area. You ought to think about your career, funds, wellbeing, and health, association with your significant other, family and companions, self-improvement and advancement, physical environment, fun and diversion, and whatever else that is important to you.